

# Health workers and coronavirus

## Clean and disinfect patient areas

### How to clean and disinfect

- First clean with detergent (soap) and water, and wipe with rinsed cloth.
- Then wipe with disinfectant like sodium hypochlorite 0.1% (use 0.5% if blood or body fluids) and allow to air dry.
- For smaller surfaces, 70% alcohol or disinfectant wipes can be used.
- Move from cleanest to dirtiest areas, and from higher to lower levels.



### When to clean and disinfect

**High-risk areas (triage, testing areas, isolation wards and ICUs):**  
At least three-four times a day

**Low-risk areas:** At least once a day

### Areas needing thorough and frequent disinfection

#### The “patient zone”

- Includes bed rails, bedside cabinet, trolley and equipment around patient.
- Disinfect between each patient. If visibly dirty, clean first.



#### High-touch surfaces

- Includes tables, desks, phones, keyboards, mouse, door handles, light switches, taps.
- Disinfect after use or every 60 minutes.



#### Toilets

- Disinfect every 3-6 hours.



#### Screening, triage and testing areas

- Disinfect chairs between each patient.
- If visibly dirty, clean first.



#### Shared medical equipment

- Disinfect after each use.

#### Testing booths

- Disinfect between each patient.

