6 Steps for Safe & Effective Disinfectant Use



Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: *epa.gov/listn*





Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.





Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.





Step 6: Lock it up Keep lids tightly closed and store out of reach of children.

coronavirus.gov

Prevention and Control Measures: Escherichia coli (E. coli)

Transmission:

- Water-to-Person: Waterborne transmission occurs both from contaminated drinking water and from recreational waters (lakes, ponds, streams, and swimming pools).
- Person-to-Person: Caring for sick people with vomiting and diarrhea can occur in families, childcare centers, and custodial institutions.
- Food-to-Person: Eating food or drinking liquid handled by a sick person who did not wash their hands well or drinking contaminated unpasteurized (raw) milk or juice.
- Surface-to-Person: Touching a surface or object handled by a sick person or within an animal living area, such as a petting zoo, then touching your mouth.

Symptoms:

- Symptoms include stomach cramps, diarrhea (often bloody), and vomiting. Fever, if present, is usually less than 101°F.
- Most people will get better within 5-7 days, though severe, even life-threatening, illness is possible in young children, the elderly, and those with health problems. Children and pregnant women should take special care to avoid dehydration.



Prevention and Control Measures:

- Wash your hands thoroughly after using the bathroom, changing diapers, before preparing or eating food, and after contact with animals or their environments
- (at farms, petting zoos, fairs, or even in your own back yard).
- Adults and children, with diarrhea or loose stools, should not be in childcare facilities until their diarrhea has resolved.
- Do not swim for 2 weeks after the diarrhea has stopped.
- Wash yourself and your child thoroughly with soap and water before swimming.
- Take your kids on bathroom breaks or check diapers often when swimming and do not change diapers poolside.
- Do not swallow water when swimming or playing in lakes, ponds, streams, swimming pools and backyard "kiddie" pools.
- Cook meats thoroughly. Ground beef and meat that has been needle-tenderized should be cooked to a temperature of at least 160°F/70°C. It is best to use a
- Thermometer as color is not a very reliable indicator of "doneness".
- Avoid raw milk, unpasteurized dairy products, juices (like fresh apple cider), raw spinach, coleslaw sprouts, and melons.

For More Information: Visit cdc.gov and type <u>E. coli</u> in the SEARCH box.









Food Allergies

Food allergies and other types of food hypersensitivities affect millions of Americans and their families. Food allergies occur when the body's immune system reacts to certain proteins in food. Food allergic reactions vary in severity from mild symptoms involving hives and lip swelling to severe, life-threatening symptoms, often called anaphylaxis, that may involve fatal respiratory problems and shock.



CALL 911 AT THE FIRST SIGN OF A REACTION!

www.fda.gov

Alergias a los Alimentos

Las alergias alimentarias y otros tipos de hipersensibilidad alimentaria afectan a millones de estadounidenses y sus familias. Las alergias alimentarias ocurren cuando el sistema inmunológico del cuerpo reacciona a ciertas proteínas en los alimentos. Las reacciones alérgicas a los alimentos varían en gravedad, desde síntomas leves que incluyen urticaria e hinchazón de los labios hasta síntomas graves que ponen en peligro la vida, a menudo llamados anafilaxia, que pueden implicar problemas respiratorios fatales y shock.



LLAME AL 911 A LA PRIMERA SEÑAL DE UNA REACCIÓN!

www.fda.gov

HAND, FOOT, AND MOUTH DISEASE - SYMPTOMS, TREATMENT, AND PREVENTION

Symptoms to look for



Symptoms can include:

- Mouth sores
- Skin rash of flat red spots that may blister
- Fever
- Sore throat
- Loss of appetite

Symptoms & Diagnosis

Treat symptoms



Most people do not need to see a doctor for hand, foot, and mouth disease.

Treat the illness at home by relieving symptoms and making sure the sick person drinks enough fluids to stay hydrated.

Treatment

Stop the spread



Take steps to keep from getting sick:

- Wash your hands often with soap and water for at least 20 seconds.
- Clean and disinfect dirty surfaces and soiled items.
- Avoid close contact with sick people, like hugging or kissing.



YOUR **WASH** PLEASE



LAVES FAVOR **N N**.







WASH AWAY GERMS!

Use plenty of SOAP and RUNNING WATER.

- RUB your hands vigorously.
- WASH ALL SURFACES, including:
 - Backs of hands
 - Wrists
 - Between fingers
 - Under fingernails

✓ RINSE well.

- DRY hands with a paper towel.
- Turn off the water using a PAPER TOWEL instead of bare hands.



Prevention and Control Measures: Head Lice

Transmission:

- Head lice are spread by direct contact with the hair of an infested person, with close head to head contact being the most common way to spread.
- Head-to-head contact is common during play at school, at home, and elsewhere (sports activities, playground, slumber parties, and camp). Although uncommon, head lice can be spread by sharing clothing (such as hats, scarves, coats) or other personal items (such as combs, brushes, or towels).
- Infestation with head lice is most common among pre-school children attending childcare, elementary school children, and the household members of infested children.

Symptoms:

- Tickling feeling of something moving in the hair.
- Itching caused by an allergic reaction to the bites of the head lice.
- Irritability and difficulty sleeping; head lice are most active in the dark.
- Sores on the head caused by scratching, which can sometimes become infected with bacteria normally found on a person's skin.
- Infestations can be asymptomatic, particularly with a first infestation or when the infestation is light.



Prevention and Control Measures:

- Avoid head-to-head (hair-to-hair) contact during play and other activities at home, school and elsewhere (sports activities, playground, slumber parties, camp).
- Do not share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes. Do not share combs, brushes, or towels. Disinfect combs & brushes by soaking in hot water (at least 130 degrees F) for 5-10 minutes.
- Do not lie on beds, couches, pillows, or linens that have been in contact with an infested person.
- Lice can be spread if lice or eggs remain viable on the infested person or on clothing/surfaces. An adult life span is approximately one month. Lice eggs remain viable on clothing for 1 month. Head lice can survive for about 2 days after falling off a person. Nymphs can survive 24 hours without feeding. Under suitable conditions, eggs can remain viable away from the host for up to 7-10 days.
- Machine wash and dry clothing, bed linens, and other items that an infested person wore or used during the 2 days before treatment using the hot water (130 degrees F) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned or sealed in a plastic bag and stored for 2 weeks.
- Vacuum the floor and furniture, particularly where the infested person sat or lay. Routine vacuuming of floors and furniture is sufficient to remove lice or nits that may have fallen off of an infested person.
- Insecticide sprays, fumigant sprays or fogs are NOT recommended.
- According to CDC, children diagnosed with head lice do not need to be sent home early from school; they can go home at the end of the day, be treated, and return to class after appropriate treatment.
- Both over the counter and prescription products are available. You may wish to contact your doctor, pharmacist, or health department for additional information about which product they recommend.

For More Information: Visit cdc.gov and type <u>Head Lice</u> in the SEARCH box.









Prevention and Control Measures: Influenza or Influenza-like Illness in Schools or Child Care Facilities

Transmission:

• Influenza can be spread when droplets from an ill person's cough or sneeze come into contact with mucous membranes in the eyes, mouth, and nose of another person, or when a person touches a surface or object contaminated with influenza virus.

Prevention and Control Measures:

- Remind faculty, staff, parents, and children to get vaccinated against influenza
- Limit group activities when possible
- Recommendations for children and staff:
 - Always cover your mouth with a tissue when coughing or sneezing. Cough or



- o Dispose of used facial tissues that contain nasal secretions.
- o Avoiding touching eyes, nose, and mouth with unwashed hands.
- Stay home until fever free for 24 hours.
- Practice proper <u>hand washing hygiene</u>.
- Continue routine cleaning and disinfection processes for frequently touched surfaces or common areas with appropriate cleaner. Influenza viruses are generally susceptible to standard cleaning products, including those that contain detergent, chlorine, hydrogen peroxide, and alcohols.

For More Information: Visit cdc.gov and type influenza in the SEARCH box.







Alabama Department of Public Health Infectious Diseases & Outbreaks Division, 201 Monroe St, Montgomery, AL 36104 800-338-8374 alabamapublichealth.gov/infectiousdiseases Influenza Schools or Child Care Facilities (8/16/2018)



Clean-up and Disinfection for Norovirus ("Stomach Bug")

THESE DIRECTIONS SHOULD BE USED TO RESPOND TO ANY VOMITING OR DIARRHEA ACCIDENT

Note: Anything that has been in contact with vomit and diarrhea should be discarded or disinfected.

1) Clean up

a. Remove vomit or diarrhea right away!

- Wearing protective clothing, such as disposable gloves, apron and/or mask, wipe up vomit or diarrhea with paper towels
- Use kitty litter, baking soda or other absorbent material on carpets and upholstery to absorb liquid; do not vacuum material: pick up using paper towels
- Dispose of paper towel/waste in a plastic trash bag or biohazard bag
- b. Use soapy water to wash surfaces that contacted vomit or diarrhea and all nearby high-touch surfaces, such as door knobs and toilet handles
- c. Rinse thoroughly with plain water
- d. Wipe dry with paper towels

DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

2 Disinfect surfaces by applying a chlorine bleach solution

Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these. Mixing directions are based on EPA-registered bleach product directions to be effective against norovirus. For best results, consult label directions on the bleach product you are using.

a. Prepare a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners.



- b. Leave surface wet for at least 5 minutes
- c. Rinse all surfaces intended for food or mouth contact with plain water before use

Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus.

Facts about Norovirus



Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination.

Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

IF CLOTHING OR OTHER FABRICS ARE AFFECTED

- Remove and wash all clothing or fabric that may have touched vomit or diarrhea
- Machine wash these items with detergent, hot water and bleach if recommended, choosing the longest wash cycle
- Machine dry

Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see http://www.cdc.gov/norovirus/preventing-infection.html.













Proper Handling of Poisons

Poisons include bug sprays, rat poisons, detergents, sanitizers, other cleaning and drying agents, caustics, acids, polishes, and other chemicals.

The only poisons that should be in the daycare are those items that are necessary for the cleaning and sanitizing of equipment and utensils, and for maintaining the facility.

Only certified pesticide applicators are allowed to apply restricted-use pesticides (professional bug spray).

All toxic or poisonous materials should be stored in a locked cabinet used for no other purpose and where they cannot be reached by children.

Poisons cannot be stored above food, food equipment, utensils, or single-service articles.

Medicines and first aid supplies must be stored separately in leakproof containers away from food, and where children cannot get to them.



JEFFERSON COUNTY DEPARTMENT OF HEALTH ENVIRONMENTAL HEALTH SERVICES FOOD & LODGING PROTECTION DIVISION

RESPIRATORY SYNCYTIAL VIRUS (RSV)

WHAT IS RSV?

RSV is a common respiratory virus that usually causes mild, cold-like symptoms, but can also cause severe disease, especially in infants and older adults.

HOW DOES IT SPREAD?

RSV can spread through close contact with someone who is sick by:

- Sneezes or coughs
- Touching infected surfaces and then touching your face without first washing your hands

WHAT ARE THE SYMPTOMS?

People infected with RSV usually become contagious 1 to 2 days before they start showing symptoms and show symptoms within 4 to 6 days after getting infected. Some infants and people with weakened immune systems can continue to spread the virus even after they stop showing symptoms (as long as 4 weeks). Symptoms include:

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing

HOW CAN I PREVENT RSV?



Adults 60 years and older can receive an RSV vaccine.



Pregnant people can get an RSV

vaccine which will give protection to

the baby once born.



Monoclonal antibodies can be given to infants <8 months and high-risk infants 8 - 19 months of age.





Transmission:

- Salmonella, bacteria that affects the stomach and intestines, is more common in the summer than in the winter.
- Salmonella can be spread from person to person, animal to person, or food to person when the bacteria enters the digestive system. The bacteria can come from contact with human or animal feces or from eating certain foods, such as raw or undercooked meat or raw egg.



Symptoms:

- Salmonella can cause diarrhea (sometimes bloody), stomach cramps, fever, and sometimes nausea, vomiting, and headaches beginning 6 hours-6 days after infection. The illness usually lasts 4-7 days.
- You should call your doctor if you have a fever higher than 102°F, diarrhea for more than 3 days with no improvement, bloody stools, prolonged vomiting, or signs of dehydration.
- Severe, even life-threatening, illness is possible for young children, the elderly, and those with health problems.
- Children and pregnant women should take special care to avoid dehydration and consult a health care provider on preventing dehydration.

Prevention and Control Measures:

- Practice proper <u>hand washing hygiene</u>.
- Cook chicken, ground beef, and eggs thoroughly and do not eat or drink foods containing raw eggs or raw (unpasteurized) milk. Do not eat undercooked meat, chicken, or eggs in a restaurant.
- Wash hands and work surfaces immediately after diaper changes or when handling raw meat or chicken.
- Carefully prepare foods for infants, the elderly, and those with health problems.
- Wash hands with soap after handling reptiles, birds, or baby chicks, and after contact with pet feces. Avoid direct and indirect contact between these animals and those with health problems.
- Do not work with raw chicken or meat and an infant (e.g. feed, change diapers) at the same time.
- Breastmilk is the safest food for young infants and may prevent salmonella.

For More Information: Visit cdc.gov and type <u>Salmonella</u> in the SEARCH box.







Prevention and Control Measures: Scabies

Transmission:

ALABAMA P**UBLIC** HEALTH

• Scabies are mites that can be spread from person to person (prolonged skin contact), surface to person (e.g., clothing, towels, furniture), or in crowded conditions, such as nursing homes and prisons, where body contact is frequent.

Symptoms:

- The most common scabies symptoms are itching and a pimple-like rash.
- Symptoms may not appear for up to 2 months after exposure.
- Often, very young children may see scabies on the face, head, neck, palms, and soles of their feet, which is less common in adults and older children.

Prevention and Control Measures:

- Practice proper <u>hand washing hygiene</u>.
- Avoid direct skin contact with person suspected or confirmed to have had scabies for at least 8 hours after treatment.
- Linens, towels, and clothing used by those with scabies should be sealed in a plastic bag prior to leaving their room and washed in hot water and dried under high heat (122°F or above) for at least 10 mins.
- Bedding, rugs, and other furniture that can not be laundered or dry-cleaned should be sealed in a plastic bag or wrapped in plastic and removed from contact for 3-6 days.

•

Additional Precautions for Congregative Living Facilities

- Immediately consult with physician or dermatologist about a definitive diagnosis of scabies and treatment options.
- Diagnosis of scabies can be made based on customary appearance and distribution of the rash and the presence of burrows or by obtaining skin scrapings from suspected persons.
- Once confirmed by physician or lab, begin treatment. If treated with scabicide lotion, include the entire body from the neck down, especially under well-trimmed fingernails. Keep the fingernails trimmed to prevent secondary skin infections.
- Notify the local health department of any scabies outbreak.
- Notify any institutions that may have recently treated persons or staff suspected or confirmed with scabies.
- Treat all suspected and confirmed cases of scabies and prophylactically treat staff, other patients, visitors, or family members who may have had skin-to-skin contact at the same time to prevent exposure.

For More Information: Visit cdc.gov and type <u>Scabies</u> in the SEARCH box.









Transmission:

- Shigella, a bacterial disease that affects the stomach and intestines, is more common in the summer than in the winter.
- Shigella is common and spreads in settings where hygiene is poor and is spread from person to person. Most infections spread when infected stool on soiled fingers is transferred to the mouth of another person but it can also be spread during recreational water use.
- Shigella is present in the diarrheal stools of infected persons while they are sick and for up to two weeks afterwards.

Symptoms:

- Diarrhea (often bloody), fever, and stomach cramps starting a day or two after being exposed.
- Shigella infections should resolve in 5 to 7 days and rarely do those infected need hospitalization.
- Children less than 2 years old may get a high fever with seizures.



Prevention and Control Measures:

- Practice proper <u>hand washing hygiene</u>, especially after going to the bathroom, changing diapers, and before preparing food or beverages.
- Disinfect diaper changing areas after use and properly dispose of soiled diapers.
- Stay home from healthcare, food service, or childcare jobs while sick.
- Keep children out of childcare settings and supervise handwashing of toddlers and small children after they use the toilet.
- Do not prepare food for others while ill with diarrhea for at least 2 days.
- Do not have sex for two weeks after diarrhea has resolved.
- Do not go swimming.
- Avoid swallowing water from ponds, lakes, or untreated pools.

For More Information: Visit cdc.gov and type Shigella in the SEARCH box.





