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# Cleaning & Waste

## COVID-19

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April 2020



# Intended Audience & Learning Outcomes

## Intended Audience

Cleaners  
Staff that remove waste  
and linen  
Clinical staff

## Learning Outcomes

**By the end of this learning package,  
you should know how to:**

- Keep yourself safe in areas with COVID-19 patients
- Clean areas in the hospital where COVID-19 patients are, or have been.

# Topics

In this learning package, you will find:

**Topic 1: Keeping yourself safe**

**Topic 2: Environmental cleaning**

- Environmental cleaning
- Regular cleaning
- Entering and leaving rooms where there are COVID-19 patients
- Terminal clean for COVID-19 patients
- Processing of soiled linen and rubbish
- Linen and stock management



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# 1. Keeping Yourself Safe

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# Cleaners: Keeping Safe

## The Basics

Before you enter a patient room:

- Perform hand hygiene
- Put on gloves

After you leave a patient room:

- Remove your gloves
- Perform hand hygiene

## When cleaning, DO NOT touch.....

- Your mask
- Your face, especially your mouth, nose and eyes.

**The risk when cleaning is not the same as the risk when face to face with a sick person who may be coughing or sneezing**

**However it is important for all cleaners to wear Personal Protective Equipment (PPE).**

## For COVID-19 patient rooms

- Wear the following PPE: gloves, gown, mask and eye protection.
- Use the correct process for putting on and taking off PPE.
- Have a buddy present to watch you put on and take off your PPE correctly.



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## 2. Environmental cleaning

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# Environmental cleaning

Coronavirus will survive on hard surfaces for many hours. It is possible for people to become infected with COVID-19 from touching infected surfaces.

This makes thorough, regular cleaning very important.

**For COVID-19, extra cleaning processes apply as it is an infectious disease.**

Removal of the virus that causes COVID-19 requires thorough **cleaning** followed by **disinfection**.

- 1) Cleaning with detergent removes soiling and allows the disinfectant to work
- 2) Disinfection then removes any remaining virus

Cleaning can be done in 2 steps, or by using a 2-in-1 detergent/disinfectant.

Cleaning and disinfecting applies for both:

- Confirmed cases of COVID-19
- Suspected cases of COVID-19

Any hospital-grade, disinfectant is suitable, used according to instructions.

# Cleaning requirements for COVID-19 patient environment

**In all suspect / confirmed COVID 19 patient rooms or areas where these patients have been:**

## ▶ **MAKE SURE YOU DO THIS....**

Additional PPE needs to be worn – mask, gloves, goggles & gown.

Staff must be trained and assessed in PPE donning and doffing procedures

All patient equipment is to be cleaned and items that cannot be cleaned must be disposed of. In most cases, the nursing staff will clean the patient equipment and the cleaners will clean the environment.



# Entering and leaving rooms where there are COVID-19 patients

The cleaning trolley is not to be taken into the COVID-19 patient's room.

All cleaning equipment that goes into the patient room must be cleaned before it is returned to the cleaning trolley.

## Before you leave a room with a suspected or confirmed COVID-19:

- 1 Perform hand hygiene over your gloves.
- 2 Then clean any cleaning equipment that had been used within the room.
- 3 Once cleaned, this equipment can be returned to the cleaning trolley.

# Regular cleaning in non-COVID-19 & general areas

## **Routine hospital cleaning practices still apply in all other areas.**

For areas where there are no COVID-19 patients, more frequent cleaning is advised for high touch surfaces because we are dealing with a community pandemic.

### **High touch surfaces**

- Frequently clean high touch surfaces, including in patient and public areas. It is recommended that these areas be cleaned more often than usual, preferably twice daily.
- High Touch Surfaces include:
  - door handles
  - tap handles
  - light switches
  - lift buttons
  - corridor handrails
  - hand sanitizer dispensers
  - fridge doors, microwave handles, kitchen handles
  - wheelchair handles
  - nurses' station benches
  - bed rails
  - patient handsets

### **Low touch surfaces**

- Regularly clean low touch surfaces including floors, walls, ceilings and blinds. Regularly clean sinks and basins.
- Cleaning frequency as per HICMR manual guidelines
- Use detergent solutions or wipes.

# Terminal clean for COVID-19 patients

Wear PPE during this cleaning process.

- Terminal cleaning of all surfaces in the room must be performed:
  - after the patient is discharged.
  - after an aerosol generating procedure
- This includes all surfaces (door handles, bed rails, light switches and patient handsets) as well as the floor, ceiling, walls and curtains.

## EQUIPMENT

When cleaning equipment within a COVID-19 patient's room, remove and discard any plastic covering that has been used.

Clean the equipment as per the manufacturer's guidelines.

If items cannot be cleaned they must be disposed of. Confirm with nursing staff before disposing of any items.

All terminally cleaned areas must be allowed to air dry prior to clean linen and equipment being placed back in the room.

# Waste & Rubbish from COVID-19 patients

**Each site will have slightly different processes for management and removal of soiled linen. Apply these general principles for rooms with a COVID-19 patient (suspected or confirmed):**

- A rubbish bin is kept in the patient's area to collect all waste until the bin is full.
  - DO NOT place rubbish on the floor. Place it directly into the appropriate receptacle.
  - All clinical waste in these areas should be “double-bagged”
  - For bins or containers that have been used in these rooms, the exterior surface should be wiped clean prior to collection
- Removal and disposal of all waste from the patient's area is undertaken based on local policy for management of contaminated waste.
  - Clinical waste should be disposed of in clinical waste streams and all non-clinical waste should be disposed into the general waste stream. PPE is considered general waste unless contaminated with body substances.

# Soiled Linen from COVID-19 patients

Each site will have slightly different processes for management and removal of soiled linen. Apply these general principles for rooms with a COVID-19 patient (suspected or confirmed):

- Preferably a linen skip should be kept in the patient's room
- If there are not enough skips for each COVID-19 room, the skip must be placed at the entrance of the room to enable easy collection of soiled linen. The filled linen bag must be immediately changed and the skip cleaned before it is used in another situation.
- Minimise handling and linen movement, ie shaking of a sheet, to prevent any droplets getting into the air.
- DO NOT place soiled linen on the floor. Place it directly into the linen bag.
- The linen bag is to be lined with a \*Dissolvo soluble bag and kept inside the patient room. Laundry workers will place the Dissolvo soluble bag directly into the washer to avoid handling the soiled linen.
- Where the linen is heavily soiled, the soiled linen bag is then to be deposited directly into a plastic bag.
- Avoid contact with soiled linen by holding items away from the body prior to depositing in the linen skip.
- Wear gloves when transporting soiled bagged linen to the dirty linen trolley.
- Perform hand hygiene after removal of gloves after contact with soiled linen and laundry.
- Stockpiling of clean or soiled linen in the patient room is not to occur.
- Clean linen is to be stored outside patient rooms.
- Any unused linen in the patient room is to be re laundered and not returned to general use.

# Stock & supplies



Clean supplies must not be taken into the terminally cleaned room until after it has dried following cleaning.

Only the absolute minimum level of stock should be taken in to any COVID-19 patient room.

Any stock that has been stored in the COVID-19 patient room must be discarded when the room is terminally cleaned.

# Learning Reflection

## You should now know:

- Standard cleaning procedures have not changed, they have just been heightened and reinforced.
- Additional cleaning requirements apply for public areas and areas where COVID-19 patients are, or have been.
- Keep yourself safe in areas with COVID-19 patients by following recommended practices and wearing correct PPE.



## Next steps

- Schedule a time with your manager to discuss and clarify cleaning requirements related to COVID-19 patients.