



WHEN TO CLEAN AND SANITIZE IN DAY CARES

AREA	CLEAN	SANITIZE	FREQUENCY
Any surface or item that is contaminated with body fluids such as: saliva, mucus, vomit, feces, urine, or blood.	X	X	Immediately.
Carpets and large area rugs.	X		Vacuum daily. Carpets should be steam cleaned at least monthly in infant areas and at least every 3 months in other areas. Clean carpets when children are not present.
Chairs.	X	X	Weekly and when soiled.
Countertops, tabletops.	X	X	Daily and when soiled.
Crib rails and low shelves that might be touched or mouthed by infants and toddlers.	X	X	Daily.
Cribs and crib mattresses.	X	X	Weekly, always before use by a different child, and whenever soiled or wet.
Cubbies.	X		Weekly.
Diaper change tables.	X	X	After each child's use.
Dress-up clothes and plush toys.	X		Launder weekly and when visibly soiled.
Floors.	X		Daily and when soiled. Only sanitize if there has been contamination with body fluids such as feces or vomitus.
Food preparation and service surfaces.	X	X	Before and after contact with food; between preparation of raw and cooked food.
Hand contact surfaces: Door and cabinet handles, handrails.	X	X	Daily and when soiled.
Hand washing sinks, faucets, surrounding counters, soap dispensers.	X	X	Daily and when soiled.
Portable humidifiers.	X	X	Drain and clean daily. Sanitize weekly.
Furnace humidifiers.	X	X	Check monthly to make sure there is no slime build up. Clean and sanitize every 3 months.
Larger toys: activity centres, riding toys, toy storage shelves.	X	X	Weekly or when soiled.
AREA	CLEAN	SANITIZE	FREQUENCY
Light switches.	X	X	Weekly.
Mops and cleaning rags.	X	X	At the end of each day of use.

When to Clean and Sanitize in Day Cares continued

Mouthed toys, dishes and cutlery, surfaces, and other equipment.	X	X	After each child's use.
Pet areas.	X	X	Weekly, when the children are not present.
Phone receivers.	X	X	Weekly.
Pillows and cushion covers.	X		Launder weekly and whenever soiled.
Plastic bead play table.	X	X	Weekly.
Potty chairs (use is discouraged because of high risk of contamination).	X	X	After each child's use.
Sand, dry rice or macaroni play tables.	X	X	Change at least 4 times per year.
Sheets and pillowcases, individual cloth towels (if used).	X		Launder weekly and when visibly soiled.
Small rugs.	X		Vacuum daily; launder weekly.
Toilet bowls.	X	X	Daily.
Toilet seats, toilet handles, cubicle handles, step stools.	X	X	Daily or immediately if visibly soiled.
Toys for water, sand and other play tables.	X	X	Daily.
Toys that are not mouthed.	X	X	Weekly and when visibly soiled.
Upholstered sofas and chairs.	X		Vacuum weekly, or as needed.
Waste containers and diaper containers.	X	X	Daily.
Water play tables.	X	X	Twice daily (morning and afternoon) or between each group of children.

Adapted from: Well Beings A guide to promote the physical health, safety and emotional well-being of children in child care centres and family day care homes, Vol.1 p. 87-102.
 Canadian Paediatric Society 1992; Child Care Infection Control Guide, Seattle-King County Department of Public Health, Child Care Health Program 1994.

For more information, call Environmental Health, Calgary Health Region at 943-8030.