Cleaning and disinfection are important for stopping the spread of COVID-19. This is especially true in clinics and medical offices where at-risk patients may be exposed to the virus. These guidelines are meant for environmental service (EVS) workers who will be cleaning clinics and medical offices.

How should offices and medical equipment be cleaned?

- Offices and equipment should be cleaned on a regular schedule.
- Follow all the cleaning and disinfection procedures that were used before COVID-19.
  - Pre-clean frequently touched and visibly dirty surfaces with soap and water.
  - Read the label of all cleaners and disinfectants to find out how long the surface should be visibly wet in order to kill any viruses or bacteria.
  - Disinfect reusable medical equipment according to manufacturer guidelines.

What should be used to clean offices?

The EPA has a list of disinfectants that can kill SARS-CoV-2, the virus causing COVID-19. EVS workers can check to see if their cleaning agents are on this list.

https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

What type of personal protective equipment (PPE) should EVS workers wear?

When cleaning a clinic or medical office:

- Workers should wear gloves while cleaning.
  - Disposable gloves should be changed after each cleaning.
  - Workers using reusable gloves should have one pair for cleaning areas exposed to COVID-19 and a different pair for everything else.
- Workers should always wash their hands after taking off their gloves.

When cleaning after a COVID-19 patient leaves:

- Workers should wait at least 70 minutes (1 hour and 10 minutes) after the patient leaves before entering the room. This allows the virus to settle out of the air.
- Workers should then wear a gown, gloves, and facemask while in the room. They should add eye protection if they might be splashed while cleaning.

When cleaning the same room as a COVID-19 patient**:

- Workers should speak with their supervisor before going into the same room as a COVID-19 patient to decide if it’s really necessary.
- Workers should wear the same PPE as a doctor or nurse if they need to go into the room.

**The CDC says hospitals and clinics should limit the number of people who go into the room of a COVID-19 patient.

The NC AHEC Program would like to acknowledge the valuable contributions of Kaitlyn Rogers, Sarah Brnich, Mary Shell, Madison Malfitano, Rachel Swier.