



U.S. Army Public Health Nursing

Cleaning, Sanitizing, and Disinfecting Chart
**Military Child Development Centers and
Family Child Care Home Settings**



Army Public Health

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Approved for public release; distribution unlimited.

Cleaning, Sanitizing, and Disinfecting Chart for Military** Child Development Centers and Family Child Care Home Settings

Types of areas and items	Schedule					Comments
	Before Each Use	After Each Use	Daily (End of Day)	Weekly	Monthly	
Food Areas						
Food preparation surfaces and countertops [†]	clean, sanitize	clean, sanitize				<ul style="list-style-type: none"> Food preparation surfaces are food-contact surfaces. Spray or swab with a sanitizer that is Environmental Protection Agency (EPA)-registered and is approved for use in food operations. Alcohol products are not authorized for use in kitchens or on food-contact surfaces.
Food contact surfaces (e.g., plates, utensils, pots, pans, cups, drink/condiment dispensers, cutting boards) [†]		clean, sanitize				<ul style="list-style-type: none"> Immerse in a chemical sanitizer as stated for “food preparation surfaces,” above, or hot water at 171° F (77° C). Dishwashers are authorized and must meet the hot water temperature. Alcohol products are not authorized for use in kitchens or on food-contact surfaces.
Refrigerator, freezer, stove, oven, grill, ventilation/exhaust hood, microwave, food warmers, buffet line equipment [†]		clean debris or spills	clean if used			<ul style="list-style-type: none"> Clean food debris/spills and residues from interior and exterior surfaces daily and as needed to prevent accumulation of residue, dust, and debris.
Food carts, tables, and highchair trays [†]	clean, sanitize	clean, sanitize				<ul style="list-style-type: none"> Spray or swab with an EPA-registered sanitizer as stated for “food preparation surfaces,” above. Alcohol products are not authorized.

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Toilet and Diapering Areas						
Diaper changing table mat		clean, disinfect, rinse				<ul style="list-style-type: none"> Rinse with clear water wipe to remove residues. Rinse after appropriate contact time with the disinfectant is met.
Stand-alone potty chairs		empty, clean, disinfect, rinse				
Handwashing sinks and faucets			clean, disinfect, rinse			
Countertops			clean, disinfect, rinse			
Child toilet adapters; Toilets (floors and fixtures)		clean, disinfect, rinse when soiled by body fluids	clean, disinfect, rinse			
Diaper waste receptacles and lids			empty, clean, disinfect, rinse (wiping method)			<ul style="list-style-type: none"> Change liners more often as needed. May use a disinfecting wipe* with quaternary ammonium compound with both cleaning and disinfecting properties.
Floors		clean, disinfect, rinse when soiled by body fluids	clean, disinfect, rinse			<ul style="list-style-type: none"> Damp mop with a floor cleaner that contains a disinfectant, or clean the floor first and then apply a disinfectant.

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Food Areas						
Food Waste Receptacles and lids †			empty, clean, disinfect, rinse (wiping method)			<ul style="list-style-type: none"> • Change liners more often as needed. • May use a disinfecting wipe* with quaternary ammonium compound with both cleaning and disinfecting properties.
Chairs, highchairs (not trays)		clean, disinfect, rinse when soiled by body fluids	clean			
Bulk storage ice machines †			drain, clean, sanitize when debris or mold is present		drain, clean, sanitize	<ul style="list-style-type: none"> • Check daily. • Clean/sanitize when needed and monthly. • Use a sanitizer that is EPA-registered and approved for food operations as indicated for "food preparation surfaces," above. • Not applicable for refrigerator type ice dispensers.

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	Before Each Use	After Each Use	Daily (End of Day)	Weekly	Monthly	
Activity Areas						
Pacifiers (designated by child's name only)		clean, sanitize when dropped or soiled by body fluids (except own infant saliva)	clean, sanitize			<ul style="list-style-type: none"> Immerse in a chemical sanitizer as stated for "food preparation surfaces," or hot water at 171°F (77°C). Dishwashers are authorized and must meet the hot water temperature. Separate the soiled toys from clean toys, and keep out of children's reach until they are cleaned and sanitized.
Plastic mouthed toys and teething rings (all ages)		clean, sanitize				<ul style="list-style-type: none"> Follow same guidance indicated for "pacifiers." Separate the soiled toys from clean toys, and keep out of children's reach until they are cleaned and sanitized daily.
Wooden toys		clean, sanitize (use wiping method*)	clean, sanitize (used by children <3-years-old)	clean, sanitize (used by children >3-years-old)		<ul style="list-style-type: none"> Use a sanitizer that is EPA-registered and is designated as safe for use in food service or child care/school settings. Recommend use of disposable wipes* that contain cleaning and antimicrobial properties. Discontinue toy use when surface coating becomes worn, gouged, splintered, or otherwise damaged.

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Activity Areas						
Toys (<3yr olds) (un-mouthed)			clean, sanitize			<ul style="list-style-type: none"> Use a sanitizer that is EPA-registered and as indicated for use with “wooden toys,” above.
Toys (3-5 years) (un-mouthed)				clean, sanitize		<ul style="list-style-type: none"> Use a sanitizer that is EPA-registered and as indicated for use with “wooden toys,” above.
Toys/equipment (soiled by body fluids) [†]		remove promptly, clean, disinfect, and rinse				<ul style="list-style-type: none"> If unable to properly clean and sanitize, item should be discarded.
Toys - cardboard and/or fiberboard (e.g., wooden puzzle)		clean, sanitize when soiled (use wiping method)				<ul style="list-style-type: none"> Laminated or sealed fiberboards may be cleaned using a wiping method if lightly soiled. Throw away when damaged or heavily soiled. Cleaning, sanitizing, and disinfecting solutions should not be directly sprayed on these items.
Large toys (e.g., Play activity centers)			clean, sanitize (used by children <3-years-old)	clean, sanitize (used by children 3-5-years-old)		<ul style="list-style-type: none"> Use a sanitizer that is EPA-registered as indicated for use with “wooden toys,” above. Apply the sanitizer using a spray application or wiping with a cloth containing the sanitizing solution.

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Activity Areas						
Computer† keyboard/mouse; iPad/tablets			clean, disinfect, rinse (use wiping method*)			<ul style="list-style-type: none"> • Use EPA-registered disinfecting disposable wipes* that contain cleaning and antimicrobial properties. Rinsing only required if recommended on product label. • Quaternary ammonium compound - and alcohol-based wipes are preferred over bleach-based wipes for electronic equipment as bleach-based wipes may corrode or damage electronic devices. • Cleaning, sanitizing, and disinfecting solutions should not be directly sprayed on these items.
Machine washable fabric toys (e.g., stuffed animals, dolls); dress-up clothes; throw pillows		launder when mouthed or soiled		launder		<ul style="list-style-type: none"> • Launder the toy between uses by different children when it becomes soiled from saliva, urine, vomit, or fecal matter.
Hats†		launder when soiled and when head lice present	launder			

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Activity Areas						
Water play tables			drain, clean, sanitize, if used			<ul style="list-style-type: none"> Use a sanitizer that is EPA-registered and as indicated for use with “wooden toys,” above. Application using a spray or swabbing method is authorized.
High-touch surfaces (e.g., door handles, light switches) [†]			clean, disinfect, rinse			<ul style="list-style-type: none"> Use EPA-registered disinfecting disposable wipes* that contain cleaning and antimicrobial properties.
Drinking fountains[†]			clean, disinfect, rinse			
Uncarpeted Floors[†]		disinfect when soiled by body fluids	sweep or vacuum and damp mop using dust-less cleaning method; disinfect when used for crawling			<ul style="list-style-type: none"> Pay particular attention to bare floors used for crawling infants to ensure proper cleaning and disinfecting. Recommend using mats that can be cleaned and disinfected between infants.

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Activity Areas						
Carpets and large area rugs[†]			vacuum		steam clean or shampoo annually; monthly when used by infants or if heavily soiled	<ul style="list-style-type: none"> Carpet cleaning must be scheduled to allow 1-2 days of drying time.
Small rugs[†]		launder when soiled	shake or vacuum	launder		
Infant and general purpose activity floor mats[†]		clean, disinfect, rinse when soiled by body fluids (includes infant saliva)	clean, disinfect, rinse if used			<ul style="list-style-type: none"> Pay close attention to activity mats used by infants. Single use EPA-registered wipes* that contain cleaning and antimicrobial properties and designated as safe for child care/school settings recommended for infant activity mats when soiled. Cleaning options for large areas include steam cleaning or use of a disinfectant liquid.
Vertical mats[†] (e.g., activity or fitness room)		clean, disinfect, rinse when soiled by body fluids		clean		

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Sleeping Areas						
Bedding: Bed sheets, pillow cases, blankets, and fabric mattress pads/ covers		launder when soiled by body fluids or cross contamination; before use by different children; used in fire drill		launder		<ul style="list-style-type: none"> Bedding must be laundered when cross contamination occurs during improper storage (e.g., touching each other).
Cribs, portable cribs, and cots		clean, disinfect, rinse when soiled, used by different children, used in fire drill		clean, disinfect, rinse		
Impervious surface of mattresses, mattress covers, and sleeping mats		clean, disinfect, rinse when soiled; when used by different children; used in fire drill		clean, disinfect, rinse		
References						
<ul style="list-style-type: none"> EPA website: Environmental Protection Agency (07 January 2022). https://www.epa.gov/saferchoice DoDI 6060.02, Child Development Programs (CDPs), August 5, 2014. Caring for Our Children, 4th Edition. Appendix K - Routine Schedule for Cleaning, Sanitizing, and Disinfecting. National Resource Center for Health and Safety in Child Care and Early Education; 2020. http://nrckids.org/files/appendix/AppendixK.pdf. Cleaning, Sanitizing, and Disinfection Frequency Table, National Association for the Education of Young Children (NAEYC) Early Learning Program Accreditation Standards and Assessment Items, 2018. Quality Standards for National Association for Family Child Care (NAFCC) Accreditation, Fifth Edition, with 2017 Updates. Council on Accreditation. (2019). Child & Youth Development Accreditation. https://coanet.org/who-we-accredit/#child_youth_programs Tri-Service Food Code (TB MED 530/NAVMED P-5010-1/AFMAN 48-147) 						

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Video game controllers; Computer keyboard/ mouse; headphones; iPads/ tablets; High-touch game equipment including pool” cues, ping pong/air hockey accessories, foosball table handles			clean, disinfect, rinse			<ul style="list-style-type: none"> Recommend disinfecting wipes* that are EPA-registered, disposable, and contain cleaning and antimicrobial properties. Rinsing is only required if recommended on the product label. For electronic equipment, quaternary ammonium compound and alcohol-based wipes are preferred over bleach-based wipes as bleach-based wipes may corrode or damage electronic devices. Cleaning, sanitizing, and disinfecting solutions should not be directly sprayed on electronic items.
Activity and fitness floor mats and fitness equipment (e.g., treadmills/bikes/ weightlifting)		clean, disinfect, rinse when soiled by body fluids (sweat)	clean, disinfect, rinse if used			<ul style="list-style-type: none"> Activity mats must be disinfected in a sanitary manner. Cleaning options for large areas include steam cleaning or clean with disinfectant liquid and rinse as applicable.
Disinfect upon turn-in and prior to re-issue Individually issued uniforms and equipment (e.g., vests, pads, helmets)		clean and disinfect				<ul style="list-style-type: none"> Adhere to manufacturers’ guidance for sanitizing and disinfecting processes where applicable. Launder uniforms on hot setting and thoroughly dry using heated mechanical dryer. Disposable disinfecting wipes* and spray disinfectants may be used for equipment that cannot be laundered. Spray disinfectants with anti-fungal properties are better suited for athletic helmets. Soft/padded headbands must be free from cracks.
Shared sports equipment not worn on body (e.g., balls, bats)			clean when soiled; disinfect when soiled by body fluids			
Shared sports equipment worn on body (e.g., uniforms, helmets, pads)			clean and disinfect			

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