



Cleaning Guidance for Hotels and Motels After Possible COVID-19 Occupancy

The Oregon Health Authority recommends hotels and motels not allow anyone to enter areas used by persons with COVID-19 symptoms for at least 24 hours after the persons leave. Staff can then begin cleaning and disinfection. This will reduce possible exposure to respiratory droplets. Before starting to clean, open outside doors and windows to increase air circulation in the area.

Cleaning refers to removing germs, dirt and impurities from surfaces.

- Cleaning does not necessarily kill germs. However, removing germs lowers the risk of spreading infection.
- Clean dirty surfaces by using a detergent or soap and water before disinfecting them.



Disinfecting refers to using chemicals to kill germs on surfaces.

- This process does not necessarily clean dirty surfaces or remove germs. However, killing any remaining germs on a surface **after** cleaning can further lower the risk of spreading infection.

How to clean and disinfect

- Clean and disinfect all areas that the ill persons used.
- Pay special attention to cleaning and disinfecting frequently touched surfaces such as light switches, doorknobs, handles, keyboards, bathroom fixtures, equipment screens, remote controls, coffee makers, ice buckets and other items.

Note: The guidance below is specific on how to disinfect a room where a COVID-19 patient has stayed. Another option is to leave the room vacant for 10 days; the risk of virus infection will be gone. You can then do routine cleaning.

Surfaces

To **disinfect hard (non-porous) surfaces**, properly apply any of the disinfectants below by following the manufacturer's instructions (e.g., concentration, application method and contact time):

- An alcohol solution with 70%–95% alcohol content
- An Environmental Protection Agency ([EPA](#))-[registered household disinfectant](#), or
- A diluted household bleach solution.
 - You can use diluted household bleach solutions if appropriate for the surface.
 - Follow manufacturer's instructions for application and proper ventilation.
 - Never mix household bleach with ammonia or any other cleanser.
 - Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.
 - Prepare a bleach solution by mixing:
 - 5 tablespoons (one-third cup) bleach per gallon of water, or
 - 4 teaspoons bleach per quart of water.

To **disinfect soft (porous) surfaces** such as carpeted floor, rugs and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.

- Launder washable items by following the manufacturer's instructions. Use the warmest appropriate water setting for the items and completely dry items.
- The EPA has approved hydrogen peroxide for use against the SARS-CoV-2 (coronavirus) that causes COVID-19 for disinfection of porous surfaces.
- Heat or steam can also be used to sanitize porous surfaces. The surfaces should be heated to 70° C (158° F) for five minutes or to 100° C (212° F) for one minute. Hot water extraction or steam cleaning are common tools used to achieve these temperatures for non-washable items.
- If you cannot use high temperature or hydrogen peroxide treatment, consider storing smaller objects for 10 days until the risk of virus infection is gone.

Electronics and appliances

- For items such as tablets, touch screens, keyboards, coffee makers and remote controls, remove visible contamination (such as debris, streaks or smudges), if present.
 - Follow the manufacturer's instructions for all cleaning and disinfection products.
 - Consider use of wipeable covers for electronics.
 - If you do not have the manufacturer's guidance, consider using alcohol-based wipes or sprays containing 70%–95% alcohol to disinfect touch screens. Dry surfaces thoroughly after wiping.

Linens, clothing and other items that go in the laundry

- Do not shake dirty laundry. Shaking can cause the virus to spread through the air.
- Follow the manufacturer's directions to wash items. If possible, launder items using the warmest appropriate water setting and completely dry them. You can wash other people's items with dirty laundry that was in contact with an ill person.
- Clean and disinfect hampers or other carts used to move laundry by using the above guidance for hard or soft surfaces.
- Remove and clean all bedding, including pillows and comforters, after guests who possibly have COVID-19 depart.

Personal protective equipment and hand hygiene

Cleaning staff's risk of exposure is low. Cleaning staff should wear disposable gloves and gowns for all tasks, including handling trash. Staff may choose to wear a cloth face covering while cleaning. If worn, cloth face coverings should be laundered daily in hot water and detergent. As restrictions begin to lift for businesses and public spaces, it may be difficult to make sure people stay 6 feet away from others at all times. So, we recommend people have a face covering to use in public settings. If everyone uses face coverings, we can all protect each other.

- Make sure to use disinfectants that do not ruin the gloves and gowns used.
 - Staff may need to use additional personal protective equipment (PPE) if the cleaning/disinfectant products they use could splash.
 - Launder cloth face coverings daily.
 - After cleaning a room, carefully remove gloves and gowns to avoid possible transfer of virus to the wearer and the surrounding area. Be sure to **clean hands immediately** after removing gloves.

- Coveralls, aprons or work uniforms can be worn to clean and disinfect if gowns are not available. Reusable (washable) clothing should be laundered each day. Staff may consider bringing a change of clothes to change into at the end of the day. Clean hands after handling dirty laundry.
- Cleaning staff should immediately report to their supervisor any breaches in PPE (e.g., tear in gloves) or potential exposures.
- **Cleaning staff and others should clean hands often.** This includes immediately after removing gloves and after contact with an ill person. Wash hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, you may use an alcohol-based hand sanitizer with 60%–95% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- Follow normal preventive actions while at work and home. These include cleaning hands and avoiding touching eyes, nose or mouth with unwashed hands.
 - Additional key times to clean hands include:
 - After blowing one’s nose, coughing or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g., a child).

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