

# **Deep cleaning guidance**

*(infectious disease outbreaks)*

## **For Care Home Providers**

**Deep cleaning (also referred to as terminal cleaning) is an additional form of enhanced environmental cleaning within the care home environment in addition to the routine cleaning (see national cleaning standards). This type of cleaning should be undertaken after:**

- **Outbreaks of infectious disease, for example COVID-19, Norovirus, Clostridioides difficile, influenza – including the whole environment i.e. fixtures & fittings, surfaces, bathrooms, communal areas**
- **Post isolation period – individual resident room(s)**
- **After vacating room (discharge, transfer, or death) – individual resident room(s)**

Deep cleaning is the thorough manual cleaning of all surfaces, floors, soft furnishings and re-usable equipment either within the whole environment or in an area of the home e.g. individual resident room once an outbreak or incidence of infectious disease has been declared over/closed.

Staff carrying out any cleaning duties including deep cleaning should firstly be trained on the safe use of cleaning products, have a knowledge of Control of Substances Hazardous to Health (COSHH), have received IPC training within the past 12 months (induction or refresher) and received training on the use of appropriate Personal Protective Equipment (PPE) in line with the [IPC manual](#) and UKHSA donning and doffing [guide](#)

## **Post outbreak or single case of infectious disease deep/terminal clean timeframes**

*Enhanced cleaning should continue daily to include high touch points. The frequency should be risk assessed and will be based upon activity in that area.*

Table 1

Organism		Deep clean point	Additional measures
COVID-19	<b>Bedroom(s);</b> <i>Single case</i>	following 10 days isolation OR post release of isolation measures following day 5 of symptoms or a positive result and 2 consecutive negative LFT results	Asymptomatic (incl. 48-hour afebrile without medication)
	<b>Bedroom(s) and communal areas;</b> <i>outbreak*</i>	Following the closure of the outbreak: 10 days since last (linked) case and a clear recovery test round	
Influenza	<b>Bedroom(s):</b> <i>Single case or outbreak*</i>	following 5 days isolation (day 6)	Asymptomatic (incl. 48-hour afebrile without medication)
	<b>Communal areas:</b> <i>outbreak*</i>	>5 days from last symptomatic case	
Norovirus	<b>Bedroom(s):</b> <i>Single case or outbreak*</i>	>48 hours symptom free	Asymptomatic >48 hours
	<b>Communal areas:</b> <i>outbreak*</i>	> 48 hours from last symptomatic case	
C.diff	<b>Bedroom(s):</b> <i>Single case or outbreak*</i>	>48 hours symptoms free	Asymptomatic (normal bowel action)
	<b>Communal areas:</b> <i>outbreak*</i>	>48 hours from last symptomatic case	

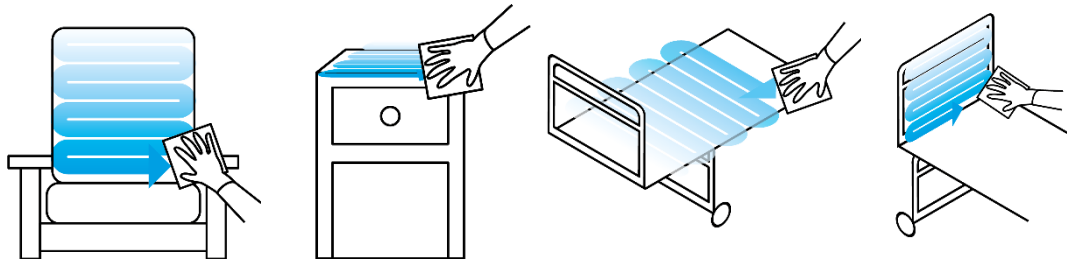
## Colour coding

It is recommended that all care home providers adopt the national colour coding scheme for cleaning materials (see below). All cleaning items, e.g. cloths, mops, buckets, should be colour coded to reduce the risk of cross transmission.

Bathrooms, showers, toilets, basins and bathroom floors	General areas, including lounges, offices, corridors and bedrooms
Kitchen areas including satellite kitchen areas and food storage areas	Bedrooms when someone has an infection and is cared for in their own room (isolated)

## Equipment required for a deep clean

The 'golden rule' for cleaning is to always work from the cleanest area towards the dirtiest area, and from top to bottom, covering all surfaces using a 'S' shaped pattern, taking care not to go over the same area twice. This will greatly reduce the risk of cross contamination.



- PPE should always be worn when carrying out cleaning tasks, this includes disposable gloves, an apron, and a face/eye protection i.e. visor if at risk of splash contamination. All PPE should be used and worn in accordance with the [IPC manual](#) and UK Health Security Agency (UKHSA) [guidance](#)
- Consider using disposable/single use mops and cloths during outbreaks. Where reusable items are used launder in an industrial washing machine separately from other items. Ensure items are dried swiftly
- Clean equipment using either a:
  1. Combined detergent disinfectant solution at a dilution of 1000 parts per million (ppm) available chlorine or
  2. A neutral detergent and warm water followed by disinfection (1000 ppm av chlorine) some examples include: Clen, Milton, Chlor Clean, Actichlor Plus, Tristel. This should be changed for each episode of cleaning and when moving from one room or environment to another, and when water is visibly dirty or contaminated, followed by a freshly made chlorine-based disinfectant solution, e.g. Milton at 1,000 parts per million (dilution of 1 in 20, e.g. 50 ml of Milton in 1 litre of water)

### Note:

- Chlorine-based disinfectants may damage soft furnishings, wooden fixtures & fittings, carpets & some furniture. Therefore, detergent, and warm water, steam cleaner or carpet shampoo machine, should be used as appropriate (in line with manufacturer's instructions).

- Items that cannot be cleaned using these methods should be steam cleaned or discarded – instruction in cleaning should be obtained when purchasing new items to ensure they can withstand regular cleaning.
- Always risk assess the use of chlorine-based solutions and follow manufacturers dilution and contact timeframes
- If using spray bottle cleaners; spray directly into the cleaning cloth before cleaning a surface/item as spraying directly can create aerosols.
- Where products require constituting, this should be carried out in a well-ventilated room, reconstituted every 24 hours (bottle washed between) and the container/bottle labelled with date/time constituted.
  - Use vacuum equipped with high-efficiency particular air (HEPA) filter, if available.
    - Do not vacuum a room or space that has people in it. Wait until the room or space is empty to vacuum.
- Consider temporarily turning off room fans and any heating, ventilation, or air conditioning systems to reduce further environmental contamination
- Steam cleaner or carpet shampoo machines can be used for carpets, upholstery and curtains/blinds that cannot be removed (always consult manufacturers guidance/instructions).
- Laundry hamper/bag/trolley placed as near to the point of use, but do not take into the isolation room

## Before entering the room

- ✓ Coordinate with person in charge when to access the room for cleaning – consideration should be made to deep clean isolation rooms after non-affected rooms where feasible
- ✓ Domestic trolley should remain outside of the room
- ✓ The personnel responsible for undertaking cleaning should be trained in the process and completed IPC training (refresher or induction) within past 12 months.
- ✓ Hand hygiene should be performed before donning (putting on) PPE
- ✓ Donning of PPE training has been completed and performed as per [UKHSA guidance](#)

## On entering the room

- ✓ Where possible keep the door closed with windows open to improve the airflow and ventilation whilst using detergent and disinfectant products
- ✓ Follow the 'Procedure for a deep clean of a resident's room' covering all the tasks in table 1,2 and 3

## Upon completion of the deep clean

- ✓ Doffing (removing) PPE (aprons, gloves) as per [UKHSA guidance](#) before leaving the room and complete hand hygiene.
- ✓ After cleaning the room of someone with suspected or confirm respiratory illness the mask should be disposed of and replaced on exiting the room.
- ✓ Any disposable items e.g. mop heads, cloths should be discarded and replenished for next task.
- ✓ On completion of a deep clean, senior member of staff signing off should be obtained before full reopening.

## Handling waste and linen during outbreaks of infectious disease

- Healthcare waste should be managed and segregated in accordance with [HTM 07-01](#)
- All waste generated from the care delivery of someone with suspected or confirmed respiratory illness should be discarded into the clinical waste stream.
- Bins should be foot operated, lidded, labelled and fire retardant
- Bins should be on a routine schedule for cleaning and incorporated into the deep clean task on isolation release
  
- Healthcare laundry should be managed and segregated in accordance with [HTM 01-04](#)
- Infectious linen includes linen that has been used by a resident who is known or suspected to be infectious and/or linen that is contaminated with blood and/or other body fluids e.g. faeces

- Avoid shaking, lifting, waving linen to prevent any potential aerosolisation of virus/organism particles within the room.
- Infectious linen should be placed in a water-soluble bag without sorting and then placed in an impermeable bag immediately on removal from bed/person/area.
- Place linen directly into the bag, do not place on floor or any other surface
- The laundry skip should remain outside of isolation rooms but in close proximity to the bedroom door
- Linen should be safely transported directly to the laundry not stored in corridors
- On arrival to the laundry facility avoid rehandling linen, place directly into the industrial washing machine inside the water-soluble bag
- The laundry facility should have sufficient machines to process the volume of laundry that may be generated to avoid delays in processing.
- Adequate laundry storage should be available within the laundry room that ensures a dirty to clean flow
- Staff allocated to laundry duties have received IPC training and specific training on the use of the machinery and laundry processes
- Hand hygiene facilities are accessible within the Laundry room
- PPE is available in the laundry room

Once a resident (suspected or confirmed) has completed the required isolation period (see table 1) and recovered a deep/terminal clean of their room can commence. Where an outbreak of 2 or more cases has been identified a broader deep clean will be required to include communal areas. *NB: items that cannot be cleaned in line within this guidance should be removed from the building or a risk assessment in place to mitigate any potential risks due to an inability to clean it effectively*

Recommended cleaning records below. Please use and adapt according to your own service.

## Deep cleaning bedrooms (in addition to touch point and routine cleaning)

Table 1 - Bedroom deep clean procedure (this is not an exhaustive list)

Room No:	Task	Instructions	Y/N (tick)
1	Windows	Open window(s) to improve the airflow and ventilation whilst using detergent and disinfectant products	
2	Consumable items	Dispose of all consumables e.g. flowers, chocolates, waste, PPE, tissues, paper towels, toilet rolls, into appropriate waste bag as per waste guidance	
3	Re-usable equipment e.g. glucometer, blood pressure	Clean and disinfect in line with manufactures guidance before removing from the room. Equipment should not be returned to the room until the deep clean has been completed	
4	Window curtains, soft furnishings, e.g. cushion covers	Laundry wherever possible (see 5 below) or if not possible, steam clean.	
5	Linen, towels, and other laundry	Remove and place infectious linen in a water soluble (alginate) bag, then into an impermeable bag without sorting. When removed from the room/are, place directly into the nearby appropriately coloured laundry linen bag/container and ensure it is taken to the laundry room as soon as practical (DO NOT LEAVE IN CORRIDORS/COMMUNAL AREAS)	
6	Lamp shades	Remove shade and if wipeable, clean and disinfect, or steam clean. If not wipeable with disinfectant or unable to be steam cleaned, they should be disposed of with other waste (see 'Consumables' above).	
7	Curtain tracks	Clean and disinfect	
8	Picture rails, ledges, dado rails	Clean and disinfect	
9	Light switches, pull cords, door handles	Clean and disinfect. Where pull cords are in situ cover with a cleanable cover to enable effective cleaning, including touch point cleaning	
10	Window	Clean and disinfect	
11	Furniture	Clean and disinfect	
12	Waste receptacles	Bags removed, entire bin cleaned and disinfected prior to replacing new bin	
13	Bed frame and mattress, bed rails and bumpers	Clean and disinfect. Both sides of the mattress should be cleaned, checking the cover for visible signs of tears and staining, unzip and check inside cover and foam mattress for stains. If evidence of staining, mattress and cover should be replaced.	
14	Radiators	Remove radiator cover. Clean and disinfect cover and radiator.	
15	Skirting boards	Clean and disinfect	
16	Carpet	Vacuum followed by steam cleaning or carpet cleaning machine	
17	Flooring – washable	Clean and disinfect	
18	Ensuite	Clean and disinfect all surfaces e.g. soap dispensers, paper towel holder, bathroom cabinet, shelving, shower, sink, tap, toilet handle, raised toilet seat, toilet, toilet roll holder, waste bin, Replace/laundry shower curtain. Clean and disinfect or replace bathmat. Replace toilet brush	
19	Stock	Restock room consumable Note: do not overstock. Any spare items should be stored in enclosed cupboards to protect from contamination. NB <i>Toilet rolls should be stored within a lidded container to prevent any cross-infection from inappropriate storage</i>	
20	Make bed	Put new, clean linen onto the bed	
21	Hang curtains	Hang clean curtains to replace curtains removed. If not removed steam clean	



Date:	Signature:	
<b>Any concerns escalated Y/N/NA</b> (including damages to furniture, surfaces, equipment or tasks not completed):		

## Deep cleaning communal areas – lounges and dining rooms

(in addition to touch point and routine cleaning)

**Table 2 – Communal spaces: Lounge and dining rooms deep clean procedure (this is not an inclusive list)**

Room No/Name.:	Task	Instructions	Y/N (tick)
1	Windows	Open window(s) to improve the airflow and ventilation whilst using detergent and disinfectant products	
2	Consumable items	Dispose of all consumables e.g. flowers, fruit bowls chocolates, open food, tissues – NB good practice to remove any items in the wider home environment that is not currently being use (declutter)	
3	Re-usable equipment e.g. wheelchairs	Avoid storing equipment in communal spaces. Clean and disinfect before removing and storing in a dedicated storage area.	
4	Window curtains, blinds, soft furnishings, e.g. scatter cushion covers	Launder wherever possible (see 5 below) or if not possible, steam clean.	
5	Linen, and other laundry items	Remove and place infectious linen in a water soluble (alginate) bag, then into an impermeable bag without sorting. When removed from the room/are, place directly into the nearby appropriately coloured laundry linen bag/container and ensure it is taken to the laundry room as soon a practical (DO NOT LEAVE IN CORRIDORS/COMMUNAL AREAS)	
6	Lamp shades	Remove shade and if wipeable, clean and disinfect, or steam clean. If not wipeable with disinfectant or unable to be steam cleaned, they should be disposed of with other waste (see 'Consumables' above).	
7	Curtain tracks	Clean and disinfect	
8	Picture rails, ledges, dado rails	Clean and disinfect	
9	Light switches, door handles	Clean and disinfect	
10	Window	Clean and disinfect	
11	Furniture (tables, chairs)	Clean and disinfect	
12	Waste receptacles	Bags removed, entire bin cleaned and disinfected prior to replacing new bin bag	
13	Electrical units (tablets TV, audio, keyboards)	Consider putting a wipeable cover on the device/item. Refer to manufacturer's instructions on cleaning items. If no instructions available use alcohol-based wipes or products containing at least 70% alcohol, dry surface thoroughly.	
14	Sofa/chair frames	Clean and disinfect. All items should withstand detergent and disinfectant cleaning. Alternatively, items will need to be steam cleaned	
15	Radiators	Remove radiator cover. Clean and disinfect cover and radiator	
16	Skirting boards	Clean and disinfect	
17	Carpet	Vacuum followed by steam cleaning or carpet cleaning machine	
18	Flooring – washable	Clean and disinfect	
19	Hang curtains	Hang clean curtains to replace curtains removed. If not removed steam clean	

Date:	Signature:	
<b>Any concerns escalated Y/N/NA</b> (including damages to furniture, surfaces, equipment or tasks not completed):		

## Deep cleaning communal areas – Baths

*(in addition to touch point and routine cleaning)*

**Table 3 – Communal bathroom and toilet deep clean procedure**

Table 3 – Communal bathroom and toilet deep clean procedure			
Room No/Name.:			
Task	Instructions	Y/N (tick)	
1	Consumable items	Dispose of all consumables e.g. toilet roll	
2	Windows	Open window(s) to improve the airflow and ventilation whilst using detergent and disinfectant products	
3	Re-usable equipment e.g. hoists, laundry skips	Equipment should NOT be stored in communal bathrooms. Clean and disinfect before removing and storing in a dedicated storage area.	
4	Linen, and other laundry items	Remove and place infectious linen in a water soluble (alginate) bag, then into an impermeable bag without sorting. When removed from the room/are, place directly into the nearby appropriately coloured laundry linen bag/container and ensure it is taken to the laundry room as soon a practical (DO NOT LEAVE IN CORRIDORS/COMMUNAL AREAS)	
5	Light fitting	Clean and disinfect	
6	Curtain/blinds tracks	Clean and disinfect	
7	Picture rails, ledges, dado rails	Clean and disinfect	
9	Light switches, door handles	Clean and disinfect	
10	Window	Clean and disinfect	
11	Radiators	Remove radiator cover. Clean and disinfect cover and radiator	
12	Waste receptacles	Bags removed, entire bin cleaned and disinfected prior to replacing new bin bag	
13	Skirting boards	Clean and disinfect	
14	Flooring – washable	Clean and disinfect	
15	Shower curtain	Remove and launder or replace	
16	Bathmat	Clean and disinfect or replace	
17	Toilet Brush	Replace	
Date:		Signature:	
<b>Any concerns escalated Y/N/NA</b>			
(including damages to furniture, surfaces, equipment or tasks not completed):			

**Deep cleaning communal equipment – all equipment should be cleaned after every single use and identified as clean (label, designated storage).**

*(in addition to clean between practices)*

Table 4 – Communal equipment			
Room No/Name.:			
	Task	Instructions	Y/N (tick)
1	Trolleys (Domestic, laundry, beverage, medicines, dressing)	Do not take trolleys into resident rooms where possible. Clean and disinfect all trolleys as part of the deep clean process (include undersides and wheels)	
2	Hoists	Clean and disinfect	
3	Keypads	Clean and disinfect	
4	Touch screens	Clean and disinfect	
5	Electronic devices	Clean and disinfect (consider covers to ease cleaning)	
6	Staff facilities	Clean and disinfect.	
7	Admin/clerical spaces	Clean and disinfect (ensure all computers have cleanable covers e.g. keyboard to enable effective cleaning)	
8	Stationary	Clean and disinfect as part of deep clean process. Do not share items where possible. If required clean between for routine cleaning and include as part of a post outbreak deep clean	
9	Clinical equipment (observation machines,	Clean and disinfect as part of deep clean process Clean between every use.as part of routine cleaning	
10	Clinical room	Clean and disinfect all areas (inside cupboards, drawers, fridge), pull items away from wall to enable low- and high-level cleaning. Decant fridges and cupboard to deep clean shelving	
Additional items			
11	Maintenance equipment	Clean and disinfect. All tools should be cleaned between uses and as part of the deep clean process at the end of an outbreak. Ensure the storage of tools is within a container/bag that can withstand cleaning (no fabric)	
12	Hair dressing equipment	Clean and disinfect. All items should be cleaned between and as part of the deep clean process at the end. Where possible use single use items	
13	Staff rooms	Clean and disinfect. Ensure areas are decluttered and staff have appropriate storage for their belonging	
14	Visitor pods/facilities	Clean and disinfect> Keep minimal items stored in this area.	
15	Activity items	Clean and disinfect as part of the post outbreak clean. Clean between every use as part of routine cleaning. During an outbreak only use items that can be cleaned in accordance with this guidance. Ensure residents and staff wash their hands prior to participating in any activities as part of routine practices.	
16	Ornaments	Clean and disinfect. During an outbreak clean, disinfect items and put away into storage until the outbreak is declared over	
Date:		Signature:	
<b>Any concerns escalated Y/N/NA</b> (including damages to furniture, surfaces, equipment or tasks not completed):			