



Disinfection and Pandemic Preparedness for Businesses

Infection Prevention And Control Recommendations

INFECTION PREVENTION AND CONTROL RECOMMENDATIONS

Hand hygiene and proper cleaning and disinfecting is your best defense against the novel *CORONAVIRUS (COVID-19)*.

Today's pandemic situation is causing stress and anxiety as everyone tries to protect themselves and avoid the transmission of the virus. It's worth taking some important precautions to make sure your company works at optimal productivity levels and everyone within it is safe and healthy.

The situation is evolving quickly, stay informed and remember to follow Public Health as well as Federal and Provincial recommendations.

About the novel Coronavirus (Covid-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Aligned with Public Health's recommendations, here are **5 steps** you can follow to help prevent the spread of the COVID-19 virus and minimize the impact on your business.

- 1. Always remember to wash your hands.**
- 2. Clean first then Disinfect!**
- 3. Empower others to stay healthy!**
 - Avoid touching your eyes, nose or mouth, especially with unwashed hands;
 - Avoid close contact with people who are sick;
 - cough and sneeze into your sleeve and not your hands; and
 - Stay home if you are sick to avoid spreading illness to others.
- 4. Follow Avmor's sanitation program**
- 5. Be prepared by implementing a pandemic program and checklist**



Coronaviruses are most commonly spread from an infected person through:

- Respiratory droplets when you cough or sneeze
- Close personal contact, such as touching or shaking hands
- Touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

Symptoms may take up to 14 days to appear after exposure to the virus.

Symptoms of human coronaviruses may be very mild or more serious, such as:

- Fever
- Cough
- Difficulty breathing

Source <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/know-facts-about-coronavirus-disease-covid-19.html>

CLICK HERE TO HEALTH CANADA AGENCY FOR THE LATEST NEW ON CORONAVIRUS:

- <https://ipac-canada.org/coronavirus-resources.php>
- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_coronavirus

IMPORTANCE OF HAND HYGIENE

Experts agree that the best way to stay healthy is to practice proper hygiene and have an efficient cleaning program. Individual employers must take this important step to help prevent the rapid spread of Covid-19, and flatten the curve of this pandemic. Businesses play a key role in protecting the health and safety of employees, as well as the general public, and in limiting the negative impact on the economy and society.

HAND WASHING USING SOAP AND WATER = BEST OPTION

Considering the countless things people do and touch with their hands every single day, it becomes clear that proper hand washing is the single most important measure for preventing the spread of germs, viruses and infection. Physical removal of contaminants by washing with soap and water is a very effective means of infection control. Failure to wash hands thoroughly and spending too short a time washing hands are the major obstacles to infection control. Hand sanitizers are useful alternatives if soap and water are unavailable. Taking these precautions can limit the spread of viruses in all facilities.

HAND HYGIENE

HOW TO WASH YOUR HANDS:

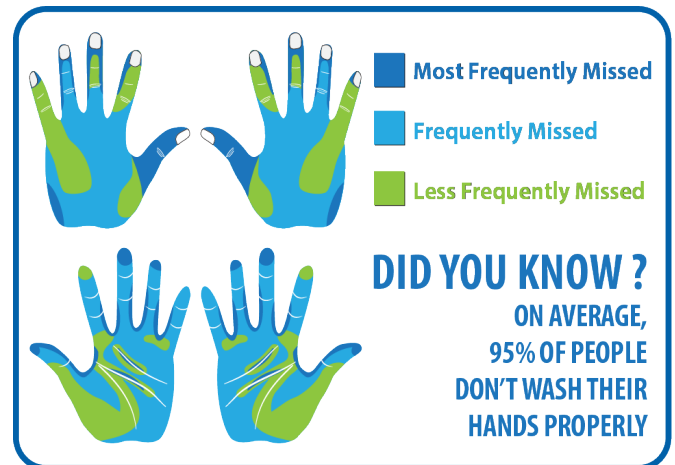
1. Wet hands with warm running water prior to reaching for soap.
2. Rub hands together to make a lather. Do this away from running water.
3. Wash the front and back of hands, between fingers and under nails. Continue washing for 20 seconds or more.
4. Rinse hands well under warm running water.
5. Dry hands thoroughly with a clean towel or hand dryer.

Rinsing and drying hands completely with a paper towel can reduce 77% of bacteria.

Implement signage for proper handwashing to ensure employees and customers know how to.

CLICK HERE TO DOWNLOAD AVMOR HAND WASHING WALLCHART:

https://www.avmor.com/wp-content/uploads/2018/11/7010_02_hand_washing_chart_en.pdf



Good practices would require hand washing when:

- You start and at the end of the shift
- Between operations to avoid cross-contamination
- Before and after each pause or eating
- Before and after using the bathroom
- After sneezing, coughing and blowing your nose
- After handling cash
- Before and after using your cell phone
- Before and after staff meeting or greeting activity

CLEANING AND DISINFECTION

Once a thorough scheduled sanitation cleaning program is used, then a discriminate use of disinfectants can be considered. It is important to be aware of the effects of the products of chemicals that we use, both in terms of our health and on the environment. In order to optimize the use of disinfectants and reduce their negative effects, it is important to educate your cleaning staff and to carefully plan a cleaning, maintenance and disinfecting program that meets your requirements.

DISINFECT CRITICAL TOUCH POINT AND HAND CONTACT AREA SUCH AS:

- Door handles
- Light switches
- Tables
- Chairs
- Garbage bins
- Dispensers
- Taps
- Toilets (seats, walls, toilet flush)
- Etc.

HOW TO DISINFECT

1. Pre-clean the surface with a recommended disinfectant cleaner or cleaner according to your sanitation program and the surface you wish to clean.
2. Saturate the surfaces with the disinfecting solution according to recommended contact time.
3. All food-contact surfaces must be thoroughly rinse with potable water before reuse.

For electronic devices use a pre-damp cloth or paper, and wipe surfaces.

Keep it Green, Keep it Clean!

Use **Avmor sustainable cleaning products when possible** to benefit the indoor environment. This limits stress on your immune system so that it is able to fight off viruses and germs. With the use of green solutions, the indoor air quality will increase thus keeping those within the building healthy and safe.

Surfaces must first be cleaned properly and then disinfected in order to effectively kill bacteria and viruses from critical touch points. Proper disinfection requires dwell time on an already-cleaned surface (the appropriate 'dwell' time can be found on the label of disinfectant products)

By contrast to a disinfectant, a sanitizer may not necessarily destroy pathogenic or disease-causing bacteria.

The process of **SANITIZATION** means to reduce the number of microorganisms to a safe level. Officially, a sanitizer must be capable of killing 99.999% (known as a 5 log reduction) of a specific bacterial test population within 60 seconds.

DISINFECTANT products work by oxidizing the germs and breaking down their cell walls or otherwise deactivating them. Different ingredients or combination of ingredients kill different germs. Therefore, it is important to select a disinfectant that works on the specific germs you are trying to get rid of. **You must refer to the label for proper dilution and respect the contact time.**

(Avmor White paper: **TO SANITIZE OR TO DISINFECT: THAT IS THE QUESTION:** https://www.avmor.com/wp-content/uploads/2018/05/SANITIZE_DISINFECT-White-paper_ENG.pdf)

INFECTION PREVENTION AND CONTROL RECOMMENDATIONS

Be prepared by implementing a pandemic program and checklist

Implementing a pandemic program basically entails educating all staff so that they are aware of what symptoms to look out for, how to go about protecting themselves, and how to access all the updates and information they may need to know in the future. Pandemic programs should include policies, procedures, programs, and materials so that employees are educated about pandemic fundamentals. Using checklists for staying healthy is a great way to ensure that the pandemic program is being implemented and followed by everyone to contribute to the overall well being of your establishment. **See Pandemic Checklist**

<https://www.avmor.com/wp-content/uploads/2020/05/BUSINESS-PANDEMIC-PLANNING-CHECKLIST.pdf>

Follow the sanitation program

A routine maintenance program means that certain areas such as critical touch points, floors, and washrooms are cleaned on a daily basis. Routine maintenance reduces the amount of germs, bacteria, and dust on surfaces to ensure a healthy and safe environment. It also lends to the longevity of your facility and ultimately, cost savings. Routine maintenance can go a long way in making sure that quick cleanups don't slip through the cracks so that all potential germs are swept and removed as soon as they hit the ground. **YOUR AVMOR SANITATION PROGRAM HELP YOU COVER YOUR ROUTINE CLEANING NEEDS.**

CLICK HERE TO DOWNLOAD THE PROGRAM.

https://www.avmor.com/wp-content/uploads/2020/06/COVID-19-PANDEMIC-SANITATION-PROGRAM_ENG.pdf

Empower others to stay healthy!

A healthy environment starts with those that occupy it. Keeping everyone aware of the practices they can adopt to ensure they stay healthy is a great way to prevent the spread of viruses during this pandemic. Stay connected with your loved ones, whether via

EDUCATE YOUR STAFF

Implementing proper procedures will go a long way towards safekeeping the health and well being of your most important asset: your employees. Communicate to your employees that you have implemented a healthy cleaning plan for their protection. Ask that they also follow procedures to help prevent cross contamination. For example, you can post visual signage about proper hand washing.

Hand sanitizer station in key areas in the establishment provide another reminder for people to clean their hands. Also important, is to have an Intervention and Response Plan in place where you regularly communicate, disseminate information to all employees concerning COVID-19 pandemic to advise them of the status of the situation.

By not only focusing on the appearance of a clean building, but also on prevention and the public health aspect of a good cleaning program, you are doing your part as a responsible corporate citizen.



A More Complete Clean



Avmor Ltd.
950 Michelin, Laval, Quebec Canada H7L 5C1
Tel.: (450) 629-3800 Fax: (450) 629-4355
1 800 387-8074 support@avmor.com

avmor.com



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