## Disinfecting and Sanitizing with Bleach

### Guidelines for Mixing Bleach Solutions for Child Care and Similar Environments

<table>
<thead>
<tr>
<th>Disinfecting Solutions</th>
<th>For use on diaper change tables, hand washing sinks, bathrooms (including toilet bowls, toilet seats, training rings, soap dispensers, potty chairs), door and cabinet handles, etc.</th>
</tr>
</thead>
</table>
| **Water**              | **Bleach Strength**<sup>*2.75%</sup>  
| 1 Gallon              | 1/3 Cup, plus 1 Tablespoon  
| 1 Quart               | 1½ Tablespoons  |
| **Bleach Strength**<sup>*5.25-6.25%</sup>  
| 1 Gallon              | 3 Tablespoons  
| 1 Quart               | 2¾ Teaspoons  |
| **Bleach Strength**<sup>*8.25%</sup>  
| 1 Gallon              | 2 Tablespoons  
| 1 Quart               | 1½ Teaspoons  |

### Sanitizing Solutions

<table>
<thead>
<tr>
<th>For use on eating utensils, food use contact surfaces, mixed use tables, high chair trays, crib frames and mattresses, toys, pacifiers, floors, sleep mats, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Gallon</td>
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<tr>
<td>1 Quart</td>
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</table>

Disinfection of non-porous non-food contact surfaces can be achieved with 600 parts per million (ppm) of chlorine bleach. To make measuring easier, the strengths listed in this table represent approximately 600-800 ppm of bleach for disinfecting, and approximately 100 ppm for sanitizing. Chlorine test strips with a measuring range of 0–800 ppm or higher can also be used to determine the strength of the solution.

*Use only plain unscented bleach* that lists the percent (%) strength on the manufacturer’s label. Read the label on the bleach bottle to determine the bleach strength. For example, Sodium Hypochlorite...6.25% or 8.25%.

### Preparation Tips
- **Prepare** a fresh bleach solution each day in a well-ventilated area that is separate from children.
- **Label** bottles of bleach solution with contents, ratio and date mixed.
- **Use cool water.** Always add bleach to cool water, NOT water to bleach.
- **Wear** gloves and eye protection.
- **Prepare** solution in an area with an eye wash.

### Steps to Follow
- **Clean** the surface with soap and water before disinfecting or sanitizing.
- **Rinse** with clean water and dry with paper towel.
- **Apply** chlorine bleach and water solution to the entire area to be disinfected or sanitized.
- **Air dry** for at least 2 minutes.