



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

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

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

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

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

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Types of areas and items	Schedule					Comments
	Before Each Use	After Each Use	Daily (End of Day)	Weekly	Monthly	
<b>Activity Areas</b>						
<b>Computer† keyboard/mouse; iPad/tablets</b>			clean, disinfect, rinse (use wiping method*)			<ul style="list-style-type: none"> <li>• Use EPA-registered disinfecting disposable wipes* that contain cleaning and antimicrobial properties. Rinsing only required if recommended on product label.</li> <li>• 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.</li> <li>• Cleaning, sanitizing, and disinfecting solutions should not be directly sprayed on these items.</li> </ul>
<b>Machine washable fabric toys</b> (e.g., stuffed animals, dolls); dress-up clothes; throw pillows		launder when mouthed or soiled		launder		<ul style="list-style-type: none"> <li>• Launder the toy between uses by different children when it becomes soiled from saliva, urine, vomit, or fecal matter.</li> </ul>
<b>Hats†</b>		launder when soiled and when head lice present	launder			

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

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<b>Activity Areas</b>						
<b>Carpets and large area rugs<sup>†</sup></b>			vacuum		steam clean or shampoo annually; monthly when used by infants or if heavily soiled	<ul style="list-style-type: none"> <li>Carpet cleaning must be scheduled to allow 1-2 days of drying time.</li> </ul>
<b>Small rugs<sup>†</sup></b>		launder when soiled	shake or vacuum	launder		
<b>Infant and general purpose activity floor mats<sup>†</sup></b>		clean, disinfect, rinse when soiled by body fluids (includes infant saliva)	clean, disinfect, rinse if used			<ul style="list-style-type: none"> <li>Pay close attention to activity mats used by infants.</li> <li>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.</li> <li>Cleaning options for large areas include steam cleaning or use of a disinfectant liquid.</li> </ul>
<b>Vertical mats<sup>†</sup></b> (e.g., activity or fitness room)		clean, disinfect, rinse when soiled by body fluids		clean		

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

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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"> <li>Recommend disinfecting wipes* that are EPA-registered, disposable, and contain cleaning and antimicrobial properties.</li> <li>Rinsing is only required if recommended on the product label.</li> <li>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.</li> <li>Cleaning, sanitizing, and disinfecting solutions should not be directly sprayed on electronic items.</li> </ul>
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"> <li>Activity mats must be disinfected in a sanitary manner.</li> <li>Cleaning options for large areas include steam cleaning or clean with disinfectant liquid and rinse as applicable.</li> </ul>
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"> <li>Adhere to manufacturers’ guidance for sanitizing and disinfecting processes where applicable.</li> <li>Launder uniforms on hot setting and thoroughly dry using heated mechanical dryer.</li> <li>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.</li> </ul>
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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