



## **The Jane Harris Clinic infection control clinic cleaning protocol**

**May 29<sup>th</sup> 2020**

### **How long does the virus live on surfaces:**

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

### **Hand hygiene**

Good hand hygiene is essential to minimise transmission of infectious droplets.

I wash my hands immediately after handling all items.

I wash my hands thoroughly with soap and water for at least 20 seconds, making sure I dry them thoroughly with a paper towel.

### **Clinic cleaning**

The clinic will be cleaned thoroughly by myself.

Cleaning and disinfecting of objects and surfaces during the day, particularly in areas of high use such as door handles, light switches, using detergents, followed by Clinell products provided will be the responsibility of myself, Jane Harris.

When cleaning thoroughly and efficiently it is good to remember two general principles.

- Top to bottom: start cleaning surfaces higher up and work your way to the floor. This method ensures that any particulates or debris fall to the floor which will be cleaned last.
- Clean to dirty: start by cleaning surfaces and objects that are cleaner and work your way to cleaning dirtier items (eg, toilets). Avoid going from an area that has not been cleaned to an area that has been cleaned.

### **Before treating a patient**

Wash your hands before applying PPE

Please open a window in your treatment room and be aware of confidentiality with any noise that might carry. Explanation to the patient if asked that flowing air lowers risk of transmission.

### **Infection Control during treatments**

A paper towel on the pillow or face end will be used. If I need to use a pillow during treatment it will not be placed on the floor or other surfaces after use before it is cleaned.

Patient equipment which cannot be adequately disinfected such as elastic loops and bands, massage balls should be purchased for self-use by the patient and bought to each session.

Avoid touching your face during treatments

### **Protocol for cleaning room between patients:**

Between each patient, I/we will allow 15 minutes to clean all surfaces using soapy detergent, followed by Clinell. This includes :-

The pillows where applicable

The treatment couch including attention to the nose hole area if the patient has been prone

Any equipment used.

All touch points

I will stick to the appointment times to allow enough time to wipe down the room in between patients, change PPE, and air the room

Hands will be cleaned (with soap and water for 20 seconds) while removing PPE. Paper towels will be used and placed in the self opening bin provided. Hands will be washed again after cleaning.

### **Protocol for cleaning room at end of session:**

I will make sure before I leave the clinic that I have used the Clinell spray and wipes to clean these touch points:

- Window latches
- Any internal door handles
- Light switches
- Equipment used such as swiss balls, reflex hammers, massage lotion, hawk tolls, acupuncture equipment, mats, weights equipment

Swept the treatment room floor, which will be washed at the end of each session.

Workstations –The mouse, keyboard and any pens used to be cleaned with Clinell.

When I have removed my gloves, I will wash my hands for 20 seconds.

Training will be implemented for all the clinic staff in infection control procedures.

Updated 02/01/2021