

Disinfecting and Sanitizing with Bleach

How to Mix Bleach for Child Cares

Preparation Tips

- **Mix** new bleach solution each day. Mix it away from children in an area with good air movement.
- **Label** bleach solution. Write how much bleach you add and the date.
- **Use cool water.** Put the water in first, then add bleach.
- **Wear** gloves and eye protection.
- **Mix** near an eye wash station.

Disinfecting Solutions (~1000 ppm)

Use on diaper changing tables, hand washing sinks, bathrooms, toilet bowls, toilet seats, training rings, soap dispensers, potty chairs, and door and cabinet handles, and similar.

	Using bleach with a concentration of:		
Water	2.75 %	5.25–6.25 %	7.5–8.25 %
1 Gallon	$\frac{3}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{4}$ cup
1 Quart	3 Tablespoons	4 teaspoons	1 Tablespoon

Sanitizing Solutions (~100 ppm)

Use on food contact surfaces, plates and utensils, tables, highchair trays, crib frames and mattresses, toys, pacifiers, floor, sleep mats, and similar.

	Using bleach with a concentration of:		
Water	2.75 %	5.25–6.25 %	7.5–8.25 %
1 Gallon	1 Tablespoon	2 teaspoons	1 teaspoon
1 Quart	1 teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{4}$ teaspoon

Use on hard or wipeable surfaces. The strengths listed in this table will mix about 1000 ppm bleach to disinfect, or 100 ppm to sanitize. Use chlorine test strips with a range of 0 – 2000 ppm to test the strength of the mix.

Use plain unscented bleach. Read the label. It will have the percent (%), or strength, of bleach. For example, it may say something like sodium hypochlorite 6.25% or 8.25%.

Contact your local health department. They can tell you how to clean and disinfect if someone is sick.

Follow these steps:

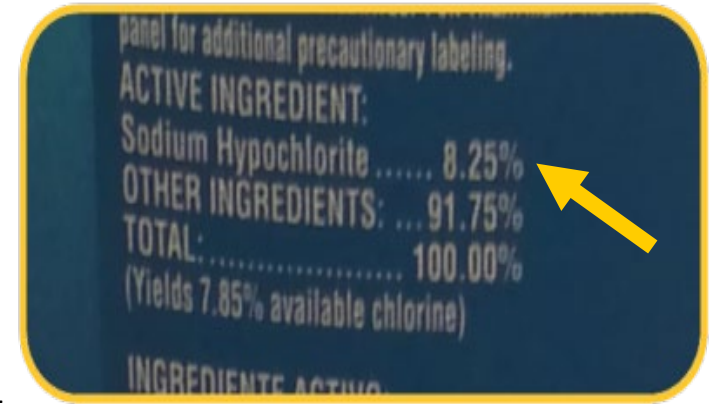
1. **Clean** with soap and water before you sanitize or disinfect.
2. **Rinse** with clean water. Dry with a paper towel.
3. **Apply** bleach and water solution covering the entire area.
4. **Leave** the surface wet for at least 2 minutes.

Let it air dry, or you may dry it with a paper towel after 2 minutes.

This chart was created in 2015 by the Washington State Disinfection Workgroup led by the Washington State Department of Health. Workgroup members include staff from the Department of Early Learning, Snohomish Health District, Local Hazardous Waste Management Program in King County, Washington State Department of Ecology, the Coalition for Safety and Health in Early Learning, and the Washington State Department of Health.

How to Read the Bleach Chart

Bleach comes in different strengths. Look at the label on the bleach bottle to find the percent sodium hypochlorite. It may look like the picture on the right. Then, use the chart to mix bleach.



Use Chemicals Safely

- Wear gloves and eye protection when mixing bleach and water.
- Mix bleach near an eye wash station that meets Washington Department of Labor and Industry standards.
- Mix bleach with cool water. Add water first, then add bleach.
- Use a funnel to pour bleach into a spray bottle.
- Mix bleach in an area with good air movement. Do not mix in the classroom or near children.
- Never mix bleach with other chemicals. Do not store bleach near chemicals that have ammonia.
- Adjust spray bottles to a heavy spray setting, not a fine mist.
- Do not use disinfectants when children are nearby.
- Make sure your child care has good air movement. If you smell chemicals, provide fresh air.

Consider Safer Products

Some products are safer than bleach. When possible, choose safer fragrance-free disinfectants and sanitizers. Hydrogen peroxide or alcohol-based products are safer for human health and don't cause asthma.

Other Resources

- [Cleaning, Sanitizing, and Disinfecting for Child Cares: A Guide for Early Care and Education Providers](#) (DOH)
- [Safely Cleaning and Disinfecting Public Spaces](#) (DOH)
- [Classroom Cleaning Tips for Teachers](#) (DOH)
- [Design for the Environment Certification](#) (EPA)
- [Safer Cleaning, Sanitizing, and Disinfecting Strategies to Prevent Infection Transmission](#) (University of Washington)
- [5 Steps to Take if You Don't Want to Use Bleach in Your Early Learning Program](#) (Public Health – Seattle King County)