

E. General Cleaning Activities		
<p>E.1 Are brooms and feather dusters used to clean floors, shelves, and other surfaces?</p> <p>Check storage rooms and areas for brooms and feather dusters.</p>	<p>Don't use brooms and feather dusters.</p> <p>Clean surfaces with cleaning tools that trap and hold dust, such as dust push mops, wet mops, vacuum cleaners, microfiber cloths, and damp cloths.</p> <p style="text-align: center;">OK See Notes</p>	<p>Brooms and feather dusters flick dust into the air. The other cleaning tools do a better job of collecting and holding dust.</p>
<p>E.2 How often are the following surfaces cleaned:</p> <ul style="list-style-type: none"> • blinds, • curtains, • bookshelves and their tops, • cupboard shelves and their tops, • ventilation supply and return diffusers. <p>Check rooms for significant visible dust, crumbs, and staining of furniture and vents.</p>	<p>Clean these surfaces at least every three months by vacuuming or wiping with a damp cloth, preferably using a microfiber cloth.</p> <p style="text-align: center;">OK See Notes</p>	<p>These surfaces are often neglected. They collect significant amounts of dust and allergens. The dust on these surfaces can become airborne and the particles are inhaled from time to time, for example, when air flows across the area and when objects are moved. Also, food crumbs tend to collect in areas where food is stored, which can attract pests.</p>
<p>E.3 How often is upholstered furniture cleaned by vacuuming? This includes couches, armchairs, bean bags, and cushions.</p> <p>Check upholstered furniture for dustiness and stains.</p>	<p>Clean upholstered furniture by vacuuming at least weekly.</p> <p style="text-align: center;">OK See Notes</p>	<p>Upholstered furniture tends to collect a lot of dust, including pet allergens, mold spores, dust mites, pollen, and other contaminants. If cleaning is neglected, these surfaces may actually have higher levels of allergens than other surfaces.</p>
<p>E.4 At what temperature are fleecy items laundered (e.g., stuffed toys, cushions, blankets, play clothes, etc.)?</p>	<p>Raise the temperature for the laundry water to at least 120 °F; if possible, to 130 °F while keeping the hand washing water at 120 °F</p> <p>Instruct parents to wash and dry bedding at the highest temperature settings.</p> <p style="text-align: center;">OK See Notes</p>	<p>Dust mites, which are commonly present in these items, are only effectively killed at high temperature (preferably 130° F). Pet allergens, mold spores and other asthma triggers are more effectively extracted at high wash temperatures. Hand washing water cannot exceed 120° F, under Minnesota Rules for child care centers.</p>
<p>E.5 How often are:</p> <ul style="list-style-type: none"> • blankets, sheets, and pillow covers washed? • pillows washed? • play dress-up clothes washed? • dolls, toys, and the like washed or sanitized? 	<p>Launder blankets, sheets, pillow covers, and the like at least weekly, whenever they are wet or soiled, and when a new child is given the sleeping area (use a disinfectant when soiled with bodily fluids).</p> <p>Launder pillows twice a year in the hottest water temperature possible.</p> <p>Launder dress-up clothes weekly in the hottest water temperature possible, when the clothes are being used.</p> <p>Launder or sanitize dolls, toys and the like every three months in the hottest water temperature possible (sanitize these items when mouthed or soiled).</p> <p style="text-align: center;">OK See Notes</p>	<p>Bedding, clothes, and stuffed toys are a breeding area for dust mites, and can collect large amounts of pet allergens attached to children's clothes. These items may also become contaminated with viruses and bacteria. Pillows can have high levels of mold, bacteria, and dust mites, and should be washed periodically. The bedding cleaning frequency is required under Minnesota Rules for child care centers.</p>

<p>E.6 How often are kitchen floors, counters, refrigerator, and oven cleaned?</p> <p>Check kitchen cleanliness:</p> <ul style="list-style-type: none"> • floors and counters • carbon build-up inside oven • cleanliness around the sides and back of oven and refrigerator. 	<p>Clean kitchen floors, counters, and other areas daily that collect crumbs and have spills using a sanitizer.</p> <p>Clean the interior and behind the stove and refrigerator yearly, including the refrigerator drain pan.</p> <p style="text-align: center;">OK See Notes</p>	<p>Food crumbs and standing water attract pests, and can encourage mold or bacterial growth. Grease and carbon build-up on the interior of an oven can produce fine particle pollution as it is burned off during oven operation.</p>
<p>E.7 How often are hallways cleaned thoroughly?</p> <p>Check hallways:</p> <ul style="list-style-type: none"> • dusty and stained surfaces • wet or muddy • shoes on carpet 	<p>Clean hallways daily, by wet or dry mopping smooth floors and vacuuming carpets.</p> <p>Perform spot cleaning to remove spills and tough soiling.</p> <p>Store shoes on a smooth, easy to clean surface, such as a container, cubby, or a smooth floor.</p> <p style="text-align: center;">OK See Notes</p>	<p>Hallways are high traffic areas that need daily cleaning, to control the accumulation of dust, moisture, and allergens. Dirt, mud, and water that is present in front of entrances will increase the amount of dirt brought into the building and reduce the effectiveness of walk-off entrance mats. This may contribute to higher levels of mold and bacteria throughout the building. Shoes that are removed should be placed on a smooth cleanable surface that doesn't absorb water or dirt.</p>
<p>E.8 How often are bathrooms cleaned?</p> <p>Check bathrooms for dusty and stained surfaces.</p>	<p>Clean bathrooms daily, by mopping floors, disinfecting toilets and seats, and sanitizing fixtures.</p> <p style="text-align: center;">OK See Notes</p>	<p>Daily cleaning will help to control the spread of viruses. It should also help to remove any bacteria or mold that can grow in damp and dirty areas. Minnesota child care center rules require daily bathroom cleaning.</p>
<p>E.9 How often is trash removed from the building?</p> <p>Check trash containers in rooms:</p> <ul style="list-style-type: none"> • overflowing trash • no plastic liner. • contaminated under the liner 	<p>Remove garbage daily from rooms and when full.</p> <p>Store garbage away from the building, in a covered container.</p> <p>Place plastic liners in every garbage container. Replace the liner as needed when waste adheres to the liner.</p> <p>Check under the liner daily. Clean soiled surfaces and replace the liner when soiling is evident under the liner.</p> <p style="text-align: center;">OK See Notes</p>	<p>Moisture and rotting food can collect under plastic liners and around the waste basket. This will result in mold or bacteria growth and it may attract pests.</p>
<p>E.10 How often are the chalkboards, white boards, and their ledges cleaned?</p> <p>Check boards in rooms.</p>	<p>Clean chalkboards, white boards, and the ledges with a damp cloth at least twice a week.</p> <p style="text-align: center;">OK See Notes</p>	<p>Chalk dust as well as the chemicals in markers may irritate the throat and lungs of asthmatics. The boards and ledges should not have a thick layer of chalk or marker dust.</p>
<p>E.11 Where are chalkboard and whiteboard erasers cleaned?</p>	<p>Clean erasers outside.</p> <p style="text-align: center;">OK See Notes</p>	<p>When erasers are cleaned indoors, a lot of dust is released. This dust may trigger symptoms at that moment. The dust from chalkboard and whiteboard erasers will settle in the room, and then later get back into the air.</p>
<p>E.12 At what time of day is routine cleaning typically done (except for spot cleaning for spills)?</p>	<p>Perform all mopping, vacuuming, and dusting after children have left or on weekends, except to spot clean during the day.</p> <p style="text-align: center;">OK See Notes</p>	<p>Cleaning pushes dust into the air and cleaning products may release chemicals into the air. This may cause discomfort and health symptoms in sensitive individuals.</p>