

# Barracks Hygiene and Cleanliness

## Create a Healthy Living Environment

### TAKE ACTION

to reduce harmful germs and prevent unsanitary conditions that can attract pests such as mice, cockroaches, and flies.

- Wash your hands at every opportunity. Use soap under running water for at least 20 seconds and dry your hands thoroughly using a clean disposable paper towel.
- Clean hard surfaces daily using a detergent cleaning solution.
- Wash all soiled clothing and bed linens weekly.
- Empty trash cans daily. Use trash can liners and clean trash cans when they become dirty.
- Empty and clean mop buckets after each use; hang mops with mop heads down so they drain without touching the handle.
- Report leaks and any signs of mold growth.

Use the chart below to identify daily cleaning tasks and the appropriate concentration of bleach per application.

Prepared Bleach Solution	Task	8.25% Commercial Bleach Product	5.25-6.00% Commercial Bleach Product
<b>Sanitize</b> using 50-100 parts per million (ppm)	Clean and <b>SANITIZE</b> high-touch areas every day, for example: <ul style="list-style-type: none"> <li>• Light switches</li> <li>• Door knobs</li> <li>• Drinking fountains</li> <li>• Laundry room fixtures &amp; appliances</li> </ul>	For spray bottle applications:	
		<b>Pint of Water</b> $\frac{1}{8}$ teaspoon of Bleach	<b>Pint of Water</b> $\frac{1}{4}$ teaspoon of bleach
		<b>Quart of Water</b> $\frac{1}{4}$ teaspoon of bleach	<b>Quart of Water</b> $\frac{3}{8}$ teaspoon of bleach
		For application using a sponge, cloth, or mop:	
	<b>Gallon of Water</b> 1 teaspoon of bleach	<b>Gallon of Water</b> $\frac{1}{2}$ Tablespoon of bleach	
<b>Disinfect</b> using 500 ppm	Clean and <b>DISINFECT</b> hygiene facilities everyday: <ul style="list-style-type: none"> <li>• Toilets</li> <li>• Showers</li> <li>• Sinks &amp; faucets</li> <li>• Restroom &amp; shower room floors</li> </ul>	For spray bottle applications:	
		<b>Quart of Water</b> 1 $\frac{1}{4}$ teaspoons of bleach	<b>Quart of Water</b> 2 teaspoons of bleach
		For application using a sponge, cloth, or mop:	
		<b>Gallon of Water</b> 2 Tablespoons of bleach	<b>Gallon of Water</b> 3 Tablespoons of bleach

Rinse or wipe down disinfected surfaces after 1 minute with clean water.

*Never mix bleach with other cleaning solutions or chemicals; it can release dangerous gases!*

