

# Cleaning with Bleach

## Nurse News September 2024

In May of 2024 the Washington State Department of Health updated their guidelines on using Bleach to disinfect and sanitize.

The update to the Washington state standards for disinfecting and sanitizing with bleach now matches the recommendations by the CDC for disinfecting and sanitizing with bleach.

The disinfecting solution is now stronger at 1,000 parts per million (ppm). Previously the standard bleach solution for disinfecting was 500 to 800 ppm. The sanitizing solution concentration for bleach has not changed and continues to be 100 ppm.

The disinfecting solution is a much stronger bleach concentration than the sanitizing solution. The disinfecting solution should be used on the following surfaces: diaper changing surfaces, hand washing sinks, bathroom surfaces such as toilets and soap dispensers, and door handles.

The weaker sanitizing bleach solution should be used for eating utensils, high chair trays,



pacifiers, floors, toys, mattresses, sleep mats, and crib frames.

As always It is important to look at the concentration of the bleach bottle you are using to mix with water to ensure that you are mixing the solutions correctly. Although the concentration for the disinfecting solution has changed, the other cleaning principles are unchanged. The three step process is to clean the surface with soap and water, rinse with clean water and dry the area with a towel. Then the third step is to sanitize or disinfect depending on the type of surface. After using the sanitizing or disinfecting bleach solution the surface should be left wet for 2 minutes and then either allowed to air dry or dried with a clean paper towel.

Bleach solutions must be prepared fresh each day. As always, bleach bottles must be labeled with the contents, ratio and date mixed.

You can always reference this information and more at:

<https://kingcounty.gov/en/dept/dph/health-safety/health-centers-programs-services/childrens-health/child-care-health-resources/sanitation>

Disinfecting Solutions (~1000 ppm)			
For use on diaper change tables, hand washing sinks, bathrooms (including toilet bowls, toilet seats, training rings, soap dispensers, potty chairs), door and cabinet handles, etc.			
Amount of Water	Amount of bleach using bleach with a concentration of:		
	2.75 %	5.25-6.5 %	7.0-8.25 %
1 Gallon	¾ cup	½ cup	¼ cup
1 Quart	3 Tablespoons	4 teaspoons	1 Tablespoon

Sanitizing Solutions (~100 ppm)			
For use on eating utensils, food use contact surfaces, mixed use tables, high chair trays, crib frames and mattresses, toys, pacifiers, floors, sleep mats, etc.			
Amount of Water	Amount of bleach using bleach with a concentration of:		
	2.75 %	5.25-6.5 %	7.0-8.25 %
1 Gallon	1 Tablespoon	2 teaspoons	1 teaspoon
1 Quart	1 teaspoon	½ teaspoon	¼ teaspoon

## [DOH Disinfecting with bleach](#)

Sources: Accessed September 6, 2024

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