



Infection Control and Winter Planning

Infection Control Measures: Personal Protective Equipment (PPE), Cleaning, and Disinfection





Module #3—PPE, Cleaning, and Disinfection

- Winter planning policies and procedures
- Symptom monitoring
- Cleaning
- Disinfection
- Meal and bathroom management
- Protect employees

RELEASED: SEPT 2022
UPDATED: NA

Infection Control and Winter Planning Quick Reference Guide

Have questions about infection control? Need help preparing for winter? Look no further—this guide will link you to the resources you need!

Winter Planning Resources

The winter planning [overview](#) helps identify partners and links to resources, including the [Winter Response Activation and Communications Planning Guide and Template](#), which provides key decision points and preparation guides, including:

- [Winter Emergency Plan](#), which is designed to help communities build a versatile strategy adaptable to changing conditions and shelter surges.
- [Preparedness checklists](#) that can help shelter providers with strategies to mitigate the spread of COVID-19.
- Visit the [winter planning landing page](#) for additional guidance and resources.

Infection Control Measures: COVID-19, MPX, and the Flu

- Read the [good, better, best approaches](#) to shelter for a review of isolation and quarantine space. If you expect to isolate individuals in shelters, consult this [shelter-based guidance](#). If you have funds to renovate your shelters to improve infection control measures.
- Review the Centers for Disease Control and Prevention's (CDC's) COVID-19 infection control guidance for supporting [individuals experiencing homelessness](#) and those [living unsheltered](#). The National Healthcare for the Homeless' (NHCHC's) [COVID-19 landing page](#) provides information and resources to support people experiencing homelessness.
- Start with the Infectious Disease Toolkit, which focuses on preventing and managing the spread of disease among [people experiencing homelessness](#) and those in [shelters](#) and [encampments](#).


Vaccination Outreach and Resources

Vaccinations for COVID-19, MPX, and the flu are critical as we move into winter. Use the United States Department of Housing and Urban Development's (HUD's) [vaccine toolkit](#) to hone your messaging skills and visit the [vaccine landing page](#) to learn about distribution and vaccine confidence strategies.

MPX Prevention and Mitigation

MPX is an infectious virus that causes flu-like symptoms and a rash. To learn about MPX, visit the [CDC landing page](#) or read [NHCHC's fact sheet](#). HUD has developed an [MPX Q&A planning guide](#), and informational [flyer](#) for people experiencing homelessness.

This resource is prepared by technical assistance providers and intended only to provide guidance. The contents of this document, except when based on statutory or regulatory authority or law, do not have the force and effect of law and are not meant to bind the public in any way. This document is intended only to provide clarity to the public regarding existing requirements under the law or agency policies.



Winter Planning: Policies, Procedures, and Implementation

- [Infection Control and Winter Planning Guide](#)
- Update policies and procedures to include mpox and other infectious diseases
- Develop your plan and determine what PPE and sanitation supplies are needed
- [Centers for Disease Control and Prevention's \(CDC's\) PPE Burn Rate Calculator](#)

Symptom Monitoring for Staff and Residents

- Staff should monitor routinely for symptoms, especially if they have been in direct contact with someone who has been exposed to or tested positive for any infectious disease
- Implement cleaning and PPE procedures

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MPX: Monkeypox Info You Should Know

MPX is a virus that causes flu-like symptoms and a rash. It can be passed from person to person through skin-to-skin contact (kissing, sex, cuddling, dancing) or by sharing personal items (clothes, cigarettes, utensils) with someone who is infected. It can also be spread by respiratory droplets from coughing or sneezing. Anyone can get MPX, so know the symptoms and how to protect yourself to keep everyone safe.




Signs and Symptoms of Monkeypox

- Rash
- Headache
- Fever
- Swollen lymph nodes
- Exhaustion
- Muscle/body aches
- Respiratory symptoms



What should I do if I think I have MPX?

If you have been exposed to MPX, have flu-like symptoms or a rash, tell shelter staff so they can help you contact a health professional. Wear a mask, long sleeves, and pants to cover any skin that has a rash. This will help protect others from getting sick.



How can I protect myself from MPX?

1. Avoid skin-to-skin contact with anyone who has a rash that looks like small pimples or blisters.
2. Don't share utensils or personal items like towels, clothes, or vape pipes with anyone who has or has been exposed to MPX.
3. Wash your hands often and use hand sanitizer.
3. Wear a respirator or mask if you are caring for someone with MPX.

Protect yourself and others from MPX. Mask up, wash your hands, don't share personal items, limit physical contact, and cover any rash!

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Cleaning and Disinfection

Cleaning—

- Removes dirt, dust, and other debris from surfaces
- Clean with products containing soap and detergent to reduce the risk of infection

Disinfecting—

- Removes bacteria and viruses from surfaces
- Spaces and surfaces should always be disinfected after someone with a known infection spent time in the area

5 Tips to Prevent Norovirus From Spreading

1. Practice proper hand hygiene

- Always wash your hands carefully with soap and water—
- especially, after using the toilet and changing diapers, and
 - always before eating, preparing, or handling food.

Alcohol-based hand sanitizers can be used in addition to hand washing. However, they should not be used as a substitute for washing with soap and water.

2. Wash fruits and vegetables and cook seafood thoroughly

Carefully wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating.

Thorough cooking is important because noroviruses can survive temperatures as high as 140°F and quick steaming processes that are often used for cooking shellfish.

Food that might be contaminated with norovirus should be thrown out.

3. When you are sick, do not prepare food for others

Food workers should stay home when sick and for at least 48 hours after symptoms stop. This also applies to sick workers in schools, daycares, healthcare facilities, and other places where they may expose people to norovirus.

Tell your manager if you have symptoms of norovirus illness or were recently sick.

For more information see the FDA Food Code (<http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/>)

4. Clean and disinfect contaminated surfaces

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).

See EPA's Registered Hospital Disinfectants Effective Against Norovirus (Norwalk-like virus) (https://www.epa.gov/sites/production/files/2016-06/documents/list_g_norovirus.pdf)

5. Wash laundry thoroughly

Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (poop).

You should—

- handle soiled items carefully without agitating them,
- wear rubber or disposable gloves while handling soiled items and wash your hands after, and
- wash the items with detergent at the maximum available cycle length then machine dry them.

Visit CDC's Norovirus Web site at www.cdc.gov/norovirus for more information.

What is the Right Way to Wash Your Hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry them.

See Handwashing: Clean Hands Saves Lives (www.cdc.gov/handwashing/)





Cleaning and Disinfection

IMPORTANT STEPS TO CHOOSING A MASK



Make sure your mask

- Pick a mask with multiple layers to keep your respiratory droplets in and others' out.
- Choose a mask with a nose bridge to prevent air from leaking out of the top.

For extra protection

- Wear a disposable mask under a cloth mask
- Knot and tuck ear loops of a 3-ply mask
- Use a mask fitter or brace over a disposable or cloth mask



Respirators must form a seal to the face to work properly.

- Follow manufacturer instructions.
- Check for markings on **N95**, **KN95**, and other respirators that indicate the product is authentic.



cdc.gov/coronavirus

- Routinely clean high-traffic and high-touch areas and surfaces
- Disinfect surfaces and areas accessed by someone who has been sick
- Clean and disinfect using methods appropriate for the surface type
- Follow safety protocols for handling contaminated laundry



Meal and Bathroom Management

- Increase cleaning of bathrooms and common area spaces
- [Create a meal and bathroom access plan](#) and provide staff training about protocols and policies
 - A plan for bathroom use
 - Stock bathrooms with cleaning supplies
 - Enable contactless meal access to protect guests, staff, and volunteers picking up meals at entry or exit points
 - Wash soiled dishes and eating utensils in a dishwasher with detergent and hot water or by hand with hot water and dish soap



How to Protect Individuals From Infectious Disease

- Wear proper protection
- Follow proper cleaning methods
- Wash your hands!

Cleaning And Disinfecting Your Facility

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

Everyday Steps, Steps When Someone is Sick, and Considerations for Employers

How to clean and disinfect
Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.

High touch surfaces include:
Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of EPA-registered household disinfectant.** Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

Diluted household bleach solutions may also be used if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for at least 1 minute

Bleach solutions will be **effective** for disinfection **up to 24 hours**.

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water


OR

- 4 teaspoons bleach per quart of water

• **Alcohol solutions with at least 70% alcohol.**

Soft surfaces
For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.



cdc.gov/coronavirus



Winter Planning Resources

To learn more about PPE and sanitation, visit the following resources to assist you with your winter planning and procedure updates:

- [CDC PPE Burn Calculator](#) and [Optimizing PPE Supplies](#)
- [Mpox Cleaning and Disinfection](#)
- [Monitoring and Risk Assessment for Persons Exposed in the Community](#)
- [Cleaning and Disinfecting Your Home, Workplace and Other Community Settings](#)

To learn about mpox, visit the [CDC landing page](#) or read National Health Care for the Homeless Council's (NHCHC's) [fact sheet](#). HUD has developed an mpox [Q&A](#), a [planning guide](#), and an [informational flyer](#) for people experiencing homelessness.

NHCHC's [COVID-19 landing page](#) provides information and resources to support people experiencing homelessness.

For additional emergency response resources, visit the [National Institute for Occupational Safety and Health](#) webpage.