



Cleaning and disinfecting at a glance

This guide helps you find authoritative resources so that you can establish cleaning and disinfecting protocols to reduce the risk of cross-infection.

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Disinfectants

When cleaning make sure you check manufacturers' instructions to ensure you do not damage equipment or surfaces.

The European Centre for Disease Prevention and Control (ECDC) and European Chemicals Agency guidance on Covid-19 note the following as effective disinfectants:

- Propan-1-ol and propan-2-ol alcohol-based disinfectants in concentrations of 70-80%.¹

The ECDC also notes that, following the use of a detergent, it is also possible to use:

- 0.05% or 0.1% sodium hypochlorite solution. Please note, household bleach usually has an initial concentration of 5% and you can dilute this 1:100 for a 0.05% concentration
- Ethanol (70% minimum) where sodium hypochlorite might damage surfaces.²

Routine cleaning and disinfection – during the pandemic

There is significant misinformation online about cleaning, disinfection and sterilisation in primary eye care settings. We would advise that you use trusted and official resources.

The College of Optometrists Covid-19 guidance advises that you should:

- Continue to use standard cleaning and disinfection processes to help prevent transmission
- "Wipe clinical equipment and door handles after every patient, as well as other surfaces that may have been contaminated with body fluids, using a suitable disinfectant such as an alcohol wipe. All surfaces must be clean before they are disinfected"
- "Sanitise frames before patients try them on. If you need to focimeter patients' spectacles, ask the patient to take them off and provide the patient with a wipe to sanitise their frames before you touch them".³

The College of Optometrists' [infection control guidance is open source and can be accessed here](#).

Frames, lenses, and reusable patient equipment

Frames and lenses

ABDO will shortly be publishing guidance on Covid-19 and this will include additional advice on cleaning/disinfecting lenses and frames safely. We will let members know via our Covid-19 updates when this is published.

In the meantime, the government has published Covid-19 guidance which includes advice on handling goods/merchandise safely. Learn more by reading [section 5.5. here](#).

Reusable non-invasive equipment

The UK's official infection prevention and control guidance for healthcare settings provides this flow chart for [routine decontamination of reusable non-invasive patient care equipment](#).

Environment cleaning following a suspected case

Although you should **not** be seeing suspect or confirmed cases of Covid-19, you will still need to plan to ensure you know how to disinfect your practice if somebody develops signs or symptoms of Covid-19 while on the premises. For example, you should have the necessary cleaning products and PPE to hand in advance as a precaution in case a member of staff develops symptoms during the day.

Health Protection Scotland (HPS) guidance for primary care is currently the only official UK resource that covers cleaning primary eye care settings following a suspect case of Covid-19. [Read section five of the HPS guide here](#).

Public Health England has produced a guide for cleaning in non-healthcare settings in the event of a suspect Covid-19 cases – e.g. office areas etc. [Access it here](#).

The ECDC has produced guidance on disinfection where there has been a suspect case of Covid-19. The ECDC's table is further simplified for a UK context and reproduced below for ease of reference. [Access the original source here](#).

	Healthcare	Non-healthcare	General
Surfaces	<ul style="list-style-type: none"> Neutral detergent AND Virucidal disinfectant OR 0.05% sodium hypochlorite OR 70% ethanol <p>Suggested</p>		<ul style="list-style-type: none"> Neutral detergent <p>Suggested</p>
Toilets	<ul style="list-style-type: none"> Virucidal disinfectant OR 0.1% sodium hypochlorite <p>Suggested</p>		<ul style="list-style-type: none"> Virucidal disinfectant OR 0.1% Sodium hypochlorite <p>Optional</p>
Textiles	<ul style="list-style-type: none"> Hot-water cycle (90°C) AND regular laundry detergent Alternative: lower temperature cycle + bleach or other laundry products <p>Suggested</p>		NA
Cleaning equipment	<ul style="list-style-type: none"> Single-use disposable OR Non-disposable disinfected with: Virucidal disinfectant OR 0.1% sodium hypochlorite <p>Suggested</p>	<ul style="list-style-type: none"> Single-use disposable OR Non-disposable disinfected with: Virucidal disinfectant OR 0.1% sodium hypochlorite <p>Optional</p>	<ul style="list-style-type: none"> Single-use disposable OR Non-disposable cleaned at the end of cleaning session <p>Suggested</p>
PPE for cleaning	Refer to HPS and PHE guidance above.		
Waste disposal	In primary care settings double bag PPE waste and store it safely for 72 hours and then dispose of it in normal trade waste stream. ⁴		

¹ 26 March 2020, ECDC, Disinfection of environments in healthcare and non-healthcare settings potentially contaminated with SARS-CoV-2; <https://www.ecdc.europa.eu/en/publications-data/disinfection-environments-covid-19>; and 23 March 2020, ECHA, Recommended requirements for the active substances Propan-1-ol and Propan-2-ol.

https://echa.europa.eu/documents/10162/28801697/recommended_requirements_propanol_isopropanol_en.pdf/ff333754-ea2f-f81c-ca96-874e59802806

² 26 March 2020, ECDC, Disinfection of environments in healthcare and non-healthcare settings potentially contaminated with SARS-CoV-2; <https://www.ecdc.europa.eu/en/publications-data/disinfection-environments-covid-19>;

³ 9 April, College of Optometrists, Coronavirus (COVID-19) pandemic: Guidance for optometrists

<https://www.college-optometrists.org/the-college/media-hub/news-listing/coronavirus-covid-19-guidance-for-optometrists.html>.

⁴ 27 March 2020, Natural Resources Wales, Regulatory decision – community healthcare waste. Regulatory decision – RBB-C19-008; College of Optometrists, Covid-19, FAQ How should I dispose of my PPE.