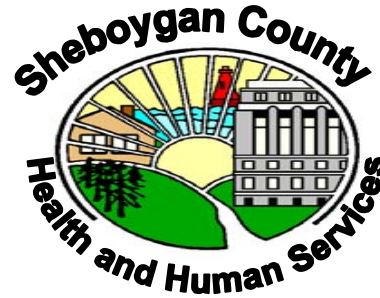

Use of Disinfectants on Surfaces

General Considerations

- Check the product's label to ensure that the disinfectant is suitable for the type of surface being treated (e.g., vinyl, cloth, plastic, or wood);
- Check that the product label specifies *Staphylococcus aureus* (many over the counter disinfectant products sold in grocery stores, pharmacies, and warehouse stores will have a label claim for *Staphylococcus aureus* and other bacteria);
- Ensure that the disinfectant is prepared to the proper use concentration and that this working solution remains on the surface of the equipment for the recommended contact time; and
- Unused working solutions of disinfectant can be poured down the drain. Disposable wipe cloths can be discarded as a routine solid waste.

Disinfection Strategies for Steam Bath and Sauna Surfaces

- For nonporous surfaces (e.g., tile, stainless steel, epoxy, and linoleum) use an EPA-registered detergent disinfectant suitable for the type of surface being treated. If an EPA-registered product is not available, a 1:100 dilution (500-615 ppm) of household chlorine bleach can be used for nonporous surfaces. If bleach can not be used wash the area with hot water and use a non-chlorine bleach.
- For wood surfaces, scrub and disinfect with 1:10 dilution (5,000-6,150 ppm) of household chlorine bleach. Bleach solutions should be left on surfaces for at least 10 minutes to achieve maximum disinfection.
- If bleach is used, cleaning and disinfection should be done at room temperature and surfaces should be rinsed well with water before restarting the heat.



For more information or to report possible cases of CA-MRSA please contact:

Sheboygan County Health and Human Services
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GUIDELINES FOR REDUCING THE SPREAD OF MRSA IN RECREATIONAL SETTINGS



What is MRSA?

MRSA is a type of *Staphylococcus*, or “staph” bacterium that has developed resistance to methicillin, the antibiotic usually used to treat persons with staph infections.

Who usually gets infections from MRSA?

MRSA infections occur most often in hospital patients or nursing home residents with weakened immune systems. This type of MRSA infection is caused by healthcare associated MRSA (HA MRSA), which usually causes surgical wound infections, bloodstream infections, and pneumonia.

What is Community Associated MRSA (CA-MRSA)?

CA-MRSA infections involve strains of MRSA that can cause infections in healthy persons who have not been patients in health care facilities. CA-MRSA usually causes skin infections such as pimples and boils but occasionally causes more serious infections.

Anyone can acquire CA-MRSA infections, but many cases have been found in athletes and those who use health clubs. Factors that increase the chances of acquiring an infection with CA-MRSA are close skin-to-skin contact, cuts, cracks, or abrasions in the skin, and poor hygiene.

I. Personal Hygiene

While on the premises, patrons and staff should be encouraged to:

- Wash hands using liquid soap and water upon entering and exiting the premises and before and after any hands-on contact with other persons. Alternatively, an alcohol-based hand rub can be used according to label instructions. Visibly soiled hands should be washed with soap and water rather than an alcohol-based hand rub;
- Dry hands with disposable paper towels or air blowers (e.g., avoid sharing towels);
- Keep skin lesions (e.g., boils, insect bites, open sores, or cuts) covered with a clean dry dressing;
- Limit sharing of personal items (e.g. towels, clothing, and soap);
- Use a barrier (e.g., a towel or a layer of clothing) between the skin and shared equipment, and
- Shower if there has been substantial skin-on-skin contact with another person. (Use of sports gloves is an option for barrier protection of the hands, provided that this is consistent with safe use of gym equipment.)

II. Shared Equipment (e.g., exercise machines)

While using shared equipment on the premises, patrons should be encouraged to:

- Use a towel or clothing to act as a barrier between surfaces of shared equipment and bare skin;
- Wipe surfaces of equipment before and after use, especially if the surface has become wet with sweat; and
- Assist facility staff with the disinfection of frequently touched equipment surfaces if spray bottles of disinfectant are made available and instructions for use are provided.

Facility staff should be encouraged to:

- Consider making spray bottles of disinfectant available for patrons and staff to clean frequently touched surfaces of shared equipment between uses and provide instruction (e.g., new user orientation or posters) for the safe use of disinfectant;
- Clean shared equipment surfaces daily to remove soil;
- Disinfect shared equipment surfaces daily with an EPA-registered detergent disinfectant according to manufacturer's instructions (see back page for tips on using disinfectants);
- Check with equipment manufacturers for recommendations on the appropriate maintenance of their products;
- Repair or dispose of equipment and furniture with damaged surfaces that cannot be adequately cleaned;
- Clean large surfaces (e.g., floors and tabletops) daily with an EPA-registered detergent disinfectant according to manufacturer's instructions; and
- Participate in ongoing assessment and training for appropriate disinfection practices at the facility.



III. Steam Rooms and Saunas

While using these facilities, patrons should be encouraged to:

- Use a towel or clothing to act as a barrier between the benches and bare skin.

Facility staff should be encouraged to:

- Allow steam rooms/saunas to dry at least once a day (this will help to minimize the development of a bacterial biofilm);
- Clean and disinfect frequently touched surfaces daily (see back page for disinfection strategies);
- Consider painting wood benches with a water-proof paint, to seal and smooth the surface, facilitate drying, and reduce areas where bacteria may grow;
- Ensure a halide residual (e.g., chlorine) recommended for swimming pools, spa pools and other basins or tanks used for immersion by multiple patrons;
- Fill spa pools used for single-use immersion (e.g., tanks or pools that are drained after each use) with tap water and, according to manufacturer's instructions, clean the pool surfaces with an EPA-registered detergent disinfectant or with a 1:100 dilution (500-615 ppm) of household chlorine bleach.

IV. Laundry

Staff in facility laundries should be encouraged to:

- Wash shared linens (e.g., towels, sheets, blankets, or uniforms) in detergent and water at $\geq 160^{\circ}$ F for at least 25 minutes, or if a lower temperature wash cycle is selected, use laundry detergent that is appropriate for cold or warm water cycles (e.g., oxygenated laundry compounds);
- Use laundry additives according to the manufacturer's instructions;
- Use a mechanical dryer on hot temperature cycle (i.e., avoid air drying); and
- Distribute towels, uniforms, etc. only when they are completely dry.