

# Disinfecting with Bleach

A disinfectant must be mixed and readily available during hours of operation if children are in diapers or require toileting assistance. Otherwise, a disinfecting solution may be mixed as needed to treat areas that are contaminated with body fluids (blood, vomit, feces, urine, fluids containing blood). **Guidance regarding using a disinfectant other than bleach can be found on the CDPHE website in the "sanitizers and disinfectants section".** <https://cdphe.colorado.gov/child-care-health-regulations>

**DO**

- ✓ Use household bleach with instructions for disinfecting.
- ✓ Use disinfectants on diaper changing tables and surfaces contaminated with high hazard body fluids.
- ✓ Wash with soap and water before disinfecting. It is okay to skip this step on diaper changing tables if the surface is not visibly soiled.

**DO NOT**



Do not use scented or splashless/low splash bleach.



Do not use disinfectants on food contact surfaces, tables, toys, and common touch surfaces unless they become contaminated with high hazard body fluids. If this happens, wash, rinse, and sanitize those surfaces after disinfecting.

## Read the Label

The instructions for disinfecting vary between products. It is important to read the label each time you purchase a new bottle of bleach. The instructions for mixing a disinfecting solution will most likely be given in gallons. You can refer to the tables below for the measurements if you want to mix smaller quantities.

When the label instructs mixing 1/3 cup per 3/4 gallon of water	
Amount of Bleach	Amount of Water
1/3 cup	3/4 gallons (96 oz)
1 3/4 tablespoons	1 quart (32 oz)
2 3/4 teaspoons	1 pint (16 oz)

When the label instructs mixing 1/2 cup per gallon of water	
Amount of Bleach	Amount of Water
1/2 cup	1 gallon (128 oz)
2 tablespoons	1 quart (32 oz)
1 tablespoon	1 pint (16 oz)

When the label instructs mixing 3/4 cup per gallon of water	
Amount of Bleach	Amount of Water
3/4 cup	1 gallon (128 oz)
3 tablespoons	1 quart (32 oz)
1 1/2 tablespoons	1 pint (16 oz)

When the label instructs mixing 1 cup per gallon of water	
Amount of Bleach	Amount of Water
1 cup	1 gallon (128 oz)
4 tablespoons	1 quart (32 oz)
2 tablespoons	1 pint (16 oz)

Always follow the instructions for how long the disinfecting solution needs to stay wet on the surface. This is referred to as the contact time. A bleach disinfecting solution will also need to be rinsed after the contact time if this is instructed on the label. CDPHE or your local public health department may instruct you to mix a stronger disinfecting solution if there is an outbreak at your facility.

## Mixing Your Bleach Disinfecting Solution

- Step 01** Use a measuring spoon or cup for exact measurements each time you mix your disinfecting solution. The measuring spoon or cup should only be used for mixing bleach. You may keep your bleach disinfecting solution for up to 1 week before mixing another solution.
- Step 02** Label your spray bottle with "Bleach Disinfectant for Body Fluids". See enclosed sample labels.



Contact CDPHE or your Local Public Health Agency with Questions  
(303)692-3645  
[cdphe\\_iepu@state.co.us](mailto:cdphe_iepu@state.co.us)  
<https://cdphe.colorado.gov/public-information/find-your-local-public-health-agency>



Use the labels below for your spray bottles

**STEP 1**

**WASH**

**SOAP AND WATER**

**STEP 2**

**RINSE**

**WATER**

**STEP 3**

**DISINFECT**

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DISINFECTANT NAME (ex. bleach and water)

**FOR HIGH HAZARD BODY FLUIDS  
AND DIAPER CHANGING AREA**

**STEP 1**

**WASH**

**SOAP AND WATER**

**STEP 2**

**RINSE**

**WATER**

**STEP 3**

**DISINFECT**

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DISINFECTANT NAME (ex. bleach and water)

**FOR BODY HIGH HAZARD FLUIDS  
AND DIAPER CHANGING AREA**