



A Guide By Dhyana
Cleaning



From cleaners who care

Disinfection Mythology
Cleaning, Sanitizing, Disinfecting
Best Practices
Toxic vs Non-Toxic Disinfectants
Bonus! Speed Cleaning Tips
What We're Doing

Why did we make this guide?

With so much information and misinformation circulating on the web about cleaning and disinfection, it's hard to know what information to trust. We've compiled over 15 years of professional cleaning experience to give you an easy guide to safely keep your home clean and illness free. Please feel free to share a copy with anyone who can benefit.



Cleaning for viruses: common mythology



We've seen some bold claims regarding ways to clean, sanitize and disinfect (note: they are not the same!) to stop the spread of COVID-19. But when it comes to virus-killing solutions, there are only a few. First, we'll go over some common misconceptions.

Common Misconceptions

X ANY HOUSEHOLD CLEANER WILL WORK

Each cleaner is designed for a different purpose. Few of them are able to disinfect surfaces.

X MIXING CLEANERS IMPROVES EFFECTIVENESS

This not only dilutes effectiveness, it can create extremely toxic fumes from a chemical reaction.

X CLEANING WIPES ARE A GREAT FAST ALTERNATIVE

Reading the label reveals that these products actually require the surface to remain wet for several minutes in order to achieve effective disinfection.

X HOMEOPATHIC DISINFECTANTS ARE BETTER THAN CHEMICALS

Not all chemicals are created equal. Similarly most homeopathic remedies are reliable sanitizers but not necessarily as disinfectants.

X YOU SHOULD DISINFECT EVERYTHING

Overdisinfecting can be dangerous to your home and health. Focusing on high touch areas while sanitizing everywhere else is a much safer and sustainable practise.



CLEANING

The use of detergents containing surfactants combined with agitation to *remove* visible dirt, soils, and some germs from a surface. Cleaning does not kill bacteria, viruses or fungi, which are generally referred to as germs.



SANITIZING

Sanitizers *kill* germs. They can be anti-viral, though they are designed to reduce viral load and other surface germs to safe levels according to public health standards.



DISINFECTING

Kills 99.999% of germs from a surface. **Surfaces must be cleaned before applying disinfectant. Few disinfectants can also clean.**

**CLEAN
SANITIZE
DISINFECT**

**THEY ARE
NOT THE
SAME**

Cleaning Best Practices

USE MICROFIBER CLOTHS

Microfiber is the safest way to clean most surfaces. A cloth dampened with warm water can wipe away up to 99% of dirt and bacteria. Always choose high quality cloths.

GO GREEN

Environmentally friendly products are often equally or more effective than harsh chemical products, and do not irritate your skin or respiratory system. **Ammonia based cleaners are especially dangerous and should be avoided.**

WEAR GLOVES

Even when using safe products, your hands can absorb the viruses you are trying to mitigate from surfaces. Wash hands immediately after removing gloves and launder reusable gloves in hot water.

AVOID CROSS CONTAMINATION

Don't use the same cloths in different rooms of the house as this can transport germs. You should also launder them in hot water after use or keep sealed in a plastic bag until laundering.





Sanitizing Best Practices

READ THE LABEL

Every product that claims to kill germs will have instructions on how long a surface must remain wet to be sanitized (typically around 30 seconds), as well as whether the surface must be rinsed afterward.

CLEAN FIRST, THEN SANITIZE

Heavily soiled areas should be visibly clean **before applying sanitizer or disinfectant**. Even if your cleaner is also a sanitizer, dirt can get in the way of its effectiveness against germs.

SANITIZE FOOD AREAS INSTEAD OF DISINFECTING

Even green disinfectants can be harmful to ingest, so stick to sanitizing food areas and utensils regularly and only use disinfectant once in a while (rinse thoroughly!)

MAKE USE OF YOUR DISHWASHER

High heat is the best sanitizer. Some items you may not have thought of dishwashing include: cleaning brushes, toys, hats, hair brushes, tooth brush holders, sponges, dust pans, shoes, vent covers, and vacuum cleaner attachments.



Disinfecting Best Practices

DWELL TIME IS CRITICAL

Dwell time refers to how long the product must sit wet on the surface to be effective. Any less than this will result in a sanitized surface at best (and leave viruses behind!) Homeopathic and botanical disinfectants often require 5-15 minutes to be effective, which is why they are not always the best choice.

Refer to the [EPA list of registered N-list disinfectants](#) to ensure your product is considered an effective option for novel coronavirus.

DON'T DISINFECT EVERYTHING

There is such a thing as being *too* clean. Lack of regular interaction with a safe level of germs disrupts our immune systems ability to detect and fight off infection. Stick to frequently touched areas and horizontal surfaces.

PREVENTION IS STILL KEY

The best way to keep a healthy home is to prevent spread to begin with. Practice proper hygiene, use appropriate PPE outdoors, and wipe or quarantine groceries and packages before bringing them into your space.

In the home

- Doorknobs, push plates and handles
- Entrances
- Light switches and thermostats
- Hand railings
- Counter tops and tabletops
- Bedside tables
- Sinks and faucets
- Bathroom fixtures
- Toilets
- Desks, mice, and keyboards
- Telephones, tablets, and remotes

At the office

- Doorknobs, push plates and handles
- Entrances, elevator and foyer surfaces
- Light switches and thermostats
- Hand railings
- Counter tops and tabletops
- Sinks, faucets and hand dryers
- Bathroom fixtures and toilets
- Elevator surfaces
- Break rooms
- Desks, mice, and keyboards
- Telephones and tablets\



**HIGH TOUCH
POINTS TO
DISINFECT***



*All horizontal surfaces including floors should be disinfected during covid-19.

Toxic

PRODUCT

HOUSEHOLD BLEACH
&
CLOROX PRODUCTS

PROS

- DWELL TIME <5 MINS
- LOW COST
- EASY TO USE

CONS

- HIGHLY TOXIC /CORROSIVE
- MUST RINSE AFTER USE
- RESPIRATORY IRRITANT
- HAZARD TO PETS
(ESPECIALLY CATS!)

LYSOL PRODUCTS
INCLUDING WIPES

- LESS TOXIC THAN BLEACH PRODUCTS
- LOW COST
- CLEANS & DISINFECTS

- SURFACE MUST REMAIN WET FOR 10 MINS (!!)
- MUST RINSE AFTER USE
- MUST CLEAN FIRST, THEN REAPPLY FOR DWELL TIME TO DISINFECT

QUAT BASED PRODUCTS
(INDUSTRIAL GRADE)

- DWELL TIME <5 MINS
- EFFECTIVE STERILIZATION
- CLEANS & DISINFECTS

- HIGHLY TOXIC
- LUNG & SKIN IRRITANT
- REMAINS ON SURFACES EVEN AFTER RINSING

Non Toxic

PRODUCT

ALCOHOL BASED PRODUCTS (MIN 70%)
SUCH AS PURELL
MULTI-SURFACE

PROS

- DWELL TIME >5 MINS
- LOW COST

CONS

- UNPLEASANT SMELL
- EVAPORATES VERY QUICKY, NEED TO REAPPLY TO DISINFECT

BOTANICAL/PURE ESSENTIAL OIL PRODUCTS

- THERAPEUTIC EFFECTS
- SAFE FOR ENVIRONMENT

- DWELL TIME >10 MINS
- HIGHER COST
- HIGHLY TOXIC TO PETS

ACCELERATED HYDROGEN PEROXIDE PRODUCTS

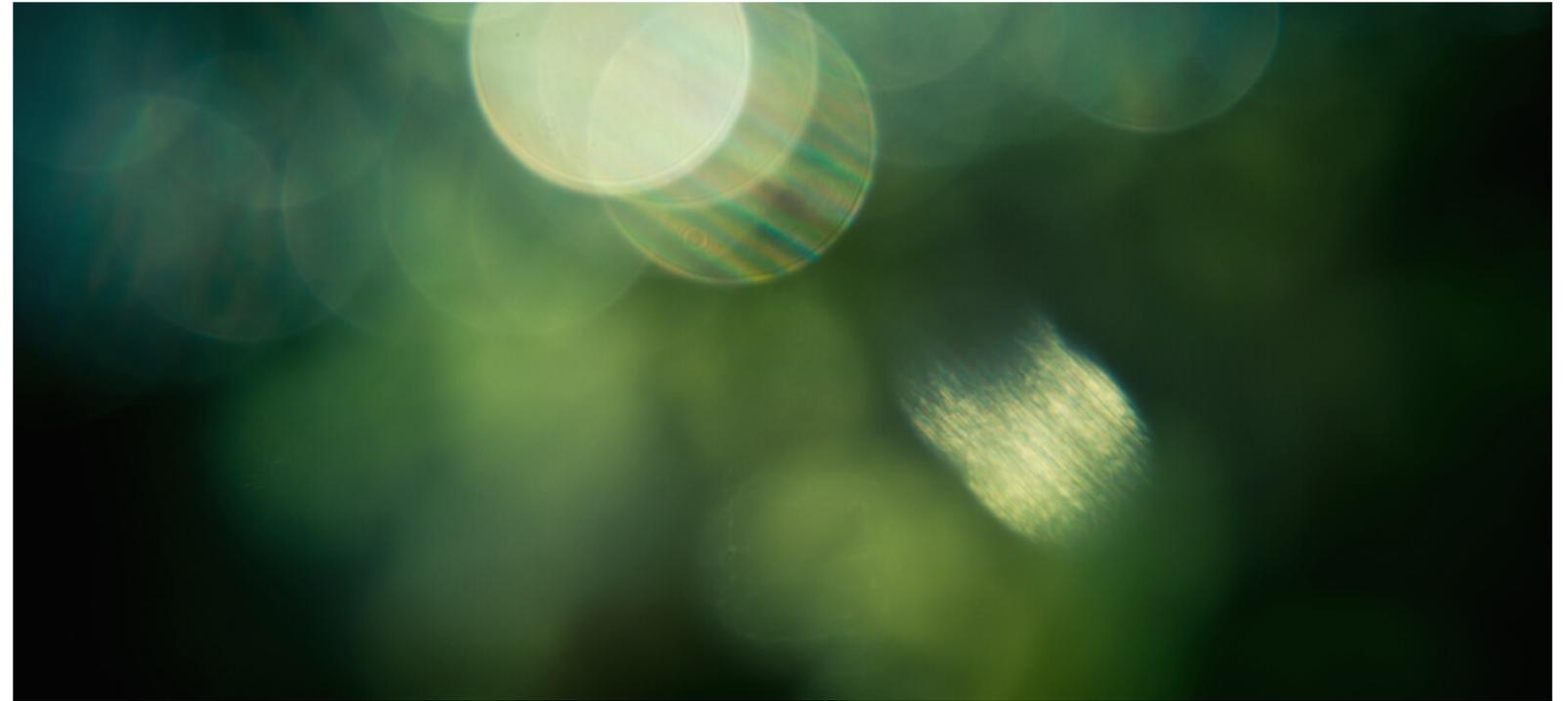
- 1 MIN DWELL TIME
- CONTAINS SURFACTANTS
- BIODEGRADABLE

- HIGH COST
- CAN DAMAGE SOME SURFACES
- MISTAKEN FOR HOUSEHOLD HP WHICH WORKS VERY DIFFERENTLY

NOTE: ALTHOUGH VINEGAR HAS DISINFECTANT PROPERTIES, IT IS NOT EFFECTIVE AGAINST THE CORONAVIRUS THAT CAUSES COVID-19.

Bonus!

Speed cleaning tips and techniques :)



Here is an inside look into how our professional cleaners get a spotless clean in record time

TOP TO BOTTOM, LEFT TO RIGHT

- Start at the ceiling corners, knock dust downward and finish with the floors.
- Clean the room top to bottom in arms-length sections to ensure nothing gets missed.
- Start and finish every room before moving to the next.

USE BOTH HANDS

- Lift objects with one hand while cleaning with the other instead of removing all items, cleaning, and replacing.
- While vacuuming, keep a damp cloth in one hand to spot clean missed or hard to reach areas.

USE TOOLS WISELY

- Clean cloths clean better. Fold cloths into quadrants for 8 clean surfaces per cloth!
- Give your sprays time to do their job before wiping. Wait at least 30 seconds.
- Use green products that don't require the extra steps of rinsing and drying.

DON'T OVERCLEAN

- Wipe in an S-pattern to pick up soil in one direction.
- A dry antibacterial microfiber will pick up more dust than a wet one.
- Escalate to a stronger product for heavy soils only (and let the product work its magic before wiping!)





What We're Doing

WE'VE GONE SCIENTIFIC!

We have upgraded and continue to evolve our training, tools, and techniques by understanding the exact science behind infection spread and prevention, directly from the medical and scientific community. [GBAC](#) [ISSA](#) [CIRI](#)

CARE KITS

We have put together kits of our exact products including a not-sold-in-stores disinfectant, so you can keep your home Dhyana clean and safe while isolating. Disinfectant will be topped up for free when you resume service. [Click here for more info!](#)

NEW SERVICE PACKAGES

We can't wait to come back! And to adapt to our new normal, we have new and improved service packages such as express disinfection and home office cleaning.

STAY SAFE, STAY HEALTHY

Is there something more we can do for you?
What kind of information would you find helpful?
What questions do you have?

We want to hear from you!

email: info@dhyanacleaning.com

call us: 647.642.7487

