

# INFECTION PREVENTION QUIZ


Are you following best practices  
for environmental cleaning  
and disinfection?



Preventing infections is critically important in every clinical setting.  
Learn how your facility is doing — and where you could potentially do better.

# 1

## Do you know the difference between **cleaners** and **disinfectants**?

**YES!** You've mastered the one-two punch that knocks out nasty germs. Below are some key facts. **Move on to question 2.** . . . . . 

**NO.** We often talk about cleaning and disinfecting in one breath, but they're actually not the same thing.<sup>1</sup>



**CLEANERS** remove the dirt, grime and spills you can see on surfaces. Cleaners are critical in a healthcare setting, where bodily fluids can lurk in the dirt.



**DISINFECTANTS** kill the germs on surfaces. Disinfection either happens after or at the same time as the cleaning. Disinfecting before cleaning doesn't work because layers of grime can shield germs.

Move on to question 2. . . . . 

**SHOP OUR CATALOG OF CLEANERS AND DISINFECTANTS**



2

## Do you know **how long** pathogens can survive on surfaces?


**YES!** Great! You've traded your stopwatch for a calendar because you know pathogens can persist on surfaces long past your shift change. See the chart below for some scary stats.

Move on to question 3. 

**NO.** Pathogens are marathoners, not sprinters. Although some germs die off after a day or two, many hang around for weeks or even months. **These bacteria have earned a place in the PATHOGEN HALL OF SHAME:<sup>2</sup>**



TYPE OF BACTERIUM	HOW LONG IT CAN LAST
<i>Acinetobacter</i> spp.	3 days to 5 months
<i>C. difficile</i> (spores)	5 months
<i>E. coli</i>	1.5 hours to 16 months
<i>Listeria</i> spp.	1 day to several months
<i>Salmonella typhimurium</i>	10 days to 4.2 years (not a misprint!)
<i>Staphylococcus aureus</i> (including MRSA)	7 days to 7 months
<i>Streptococcus pneumoniae</i>	1 to 20 days

Because pathogens can last longer than the latest social media fad, it's vital that you thoroughly clean and disinfect care areas on a regular basis. Move on to question 3. 



Can you name the **three factors** that affect how frequently and thoroughly environmental cleaning should happen?

**YES!** Super! You know where the risk of infection is highest in your facility. **Move on to question 4.** .....



**NO.** These three factors determine risk:



**PROBABILITY OF CONTAMINATION:** Surfaces and items exposed to bodily fluids need more attention. Operating rooms? Likely to become contaminated. Waiting rooms? Not so much.



**VULNERABILITY OF PATIENTS TO INFECTION:** Care areas used by vulnerable patients — the immunocompromised, for example — need more frequent and rigorous cleaning. So the skilled nursing facility is riskier than the family waiting room.



**POTENTIAL FOR EXPOSURE:** High-touch surfaces need more attention than low-touch ones. Think bed rails and doorknobs versus walls and mirrors.


Based on risk, a care area might need cleaning and disinfecting after each encounter, once a day or on a fixed schedule.

**Move on to question 4.** .....



# 4

## Do you know the **best order** for cleaning and disinfecting a room?

**YES!** Great. You know to move from common surfaces to direct-contact items so you don't spread dirt and germs. See below for more tips. **Move on to question 5.** ..... 

**NO.** For the most effective cleaning and disinfecting, do these things:<sup>3</sup>

-  **MOVE FROM CLEANER TO DIRTIER SURFACES**  
(walls first, beds last)
-  **MOVE FROM HIGH TO LOW**  
(bed rails before bed legs)
-  **WORK YOUR WAY AROUND THE ROOM METHODICALLY**  
(clockwise, for example)

Move on to question 5. ..... 

# 5

## Do you know the **six steps** for safe and effective disinfectant use?

**YES! Outstanding!** You know a quick wipe-down is never enough. Learn more below.

**NO.** You should use disinfectants as directed. **Here's the PRESCRIPTION FOR PROPER DISINFECTANT USE:**<sup>4</sup>



**1** Make sure the Environmental Protection Agency has approved the disinfectant



**2** Follow the **IFU** (Instructions for Use) for the Disinfectant and the Surface to be disinfected



**3** Pre-clean the surface



**4** Follow the **contact or dwell time** in the instructions



**5** Wear gloves or recommended PPE and **wash your hands**

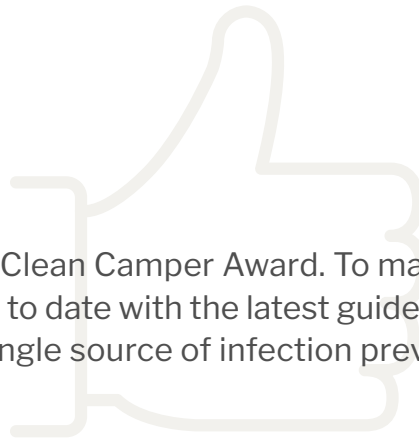


**6** Close the lid and securely store the disinfectant

## The moment of truth: Did you clean up on the quiz?

### ALL YES

**You're awesome!** You win the Clean Camper Award. To make sure you're keeping your patients and staff safe, stay up to date with the latest guidelines. We've made it simple for you — [explore UPrevent™](#), a single source of infection prevention guidance and products.



### MOSTLY YES

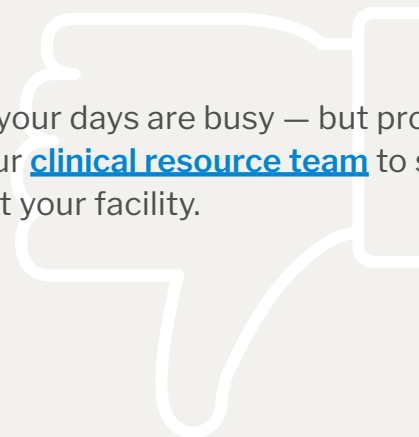
**Getting there!** You're doing well but could do better. Continue your learning journey by accessing [guidelines and resources](#) on environmental cleaning and disinfecting.

### MOSTLY NO

**Time for a refresher.** When it comes to environmental cleaning, an ounce of prevention is definitely worth a pound of cure. Find out more [here](#).

### ALL NO

**We're here to help.** We get it; your days are busy — but proper cleaning and disinfecting can help save lives! Contact our [clinical resource team](#) to speak directly with a clinician on how to improve practices at your facility.





## Sources

- 1 <https://www.youtube.com/watch?v=dluRI9OpjnY>
- 2 <https://bmcinfectdis.biomedcentral.com/articles/10.1186/1471-2334-6-130/tables/1>
- 3 <https://www.cdc.gov/hai/prevent/resource-limited/cleaning-procedures.html>
- 4 <https://www.epa.gov/sites/default/files/2020-04/documents/disinfectants-onepager.pdf>

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