



CleaningMatters

Tips and Trends from the American Cleaning InstituteSM

September/October 2010

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NEA HIN

Calendar of Clean

September is ...

- **Preparedness Month –**
see *Getting the Jump on the Cold and Flu Season*
- **National Food Safety Education Month –**
see *Clean Ideas*,
- **Labor Day: Sept. 6**
- **International Clean Hands Week: Sept. 19-20 –**
see *Getting the Jump on the Cold and Flu Season*
- **First Day of Autumn: Sept. 23**

October is ...

- **National School Lunch Week: Oct. 11-15 –**
see *Clean Ideas*,
- **Global Handwashing Day: Oct. 15 –**
see *Getting the Jump on the Cold and Flu Season*
- **National Health Education Week: Oct. 17-23 –**
see *Getting the Jump on the Cold and Flu Season*
- **Halloween: October 31 –**
see *Ask Nancy!*

Getting the Jump on the Cold and Flu Season

Developing a great defense against those germs

The great vacation migration is over ... school is back in session ... and summer is a fading memory. The fall schedule changes make it the perfect time to re-evaluate your health habits and explore measures that will help prepare your family for winter's inevitable cold and flu season. But getting the family on board with germ-preventing practices can be challenging, says Nancy Bock, Vice President of Consumer Education at the American Cleaning Institute® (ACISM). As in football, the best defense is a good offense!

First Line of Defense: Clean Hands

Frequent handwashing is the number-one way to prevent the spread of germs that cause colds and flu.

Hands should be washed *before*:

- Eating or preparing food
- Treating wounds or giving medicine
- Touching a sick or injured person



Hands should be washed *after*:

- Preparing food, especially raw meat or poultry
- Using the bathroom
- Changing a diaper
- Touching an animal
- Blowing your nose



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Getting the Jump on the Cold and Flu Season (cont.)

Developing a great defense against those germs

- Coughing or sneezing into your hands
- Treating wounds
- Touching a sick or injured person
- Handling garbage

The key to getting into good handwashing habits is to have the necessary supplies conveniently at hand. Whether you choose to use bar soap or liquid hand soap – just be sure there's one or the other at every sink in the house. And don't assume everyone knows how to do it properly. Posting instructions near every sink might just get their attention. Here's the play-by-play:

- Wet hands with warm, running water.
- Apply soap, rub hands together vigorously to make a lather and scrub all surfaces.
- Continue scrubbing for 20 seconds or about as long as it takes to sing one verse of "Old MacDonald Had a Farm."
- Rinse well under warm, running water.
- Dry hands thoroughly.

In strategic spots where there's no running water, such as the playroom, the back deck, the garage and the car, stock up on hand sanitizer or hand wipes.

Remember, too, that kids learn by example. So make sure all the grown-ups in the house follow the team rules. Request FREE handwashing bookmarks from ACI by emailing education@cleaninginstitute.org and share these handwashing tips with your team.

Second Line of Defense: Good Cleaning Practices

Use a disinfectant cleaning product to keep germs under control on countertops, cutting boards, dishes and utensils. Don't neglect the turf under your feet. Kitchen floors are a good breeding ground for germs.

Third Line of Defense: Pay Attention to the Sidelines

Light switches, doorknobs, faucet handles, drawer pulls, remote controls and other surfaces that everybody touches are great places for germs to linger and breed. For quick, frequent cleaning, keep pop-up disinfectant wipes within easy reach, particularly in the kitchen and bathroom. Be sure to choose a location that is accessible to adults but not children.

Fourth Line of Defense: Level the Playing Field with a Flu Vaccination

The Centers for Disease Control and Prevention recommend getting an annual flu shot to help protect yourself and others from the flu.


NewsFlash

SNAPshots of the SNAP Award Recipients

Clean Hands Program Earns Honors for Students

“Operation Germ Destruction” earned two ninth-grade students the top award in the 2010 Healthy Schools, Healthy People, It’s a SNAP (School Network for Absenteeism Prevention) National Awards Program, cosponsored by the American Cleaning Institute® and the Centers for Disease Control and Prevention, Department of Health and Human Services.

McKenzie Sargent and Shannon Seleg, students at the Forsyth High School, Forsyth, Montana, spearheaded a program that allowed them to team up with County Health Professionals, PTSA, the Independent Press newspaper and parents, students, and members of the local community to create awareness about proper handwashing. They developed the program for their Family, Career and Community Leaders of America (FCCLA) project. Their strategies included presentations to elementary students, teachers, junior high students and members of their FCCLA chapter. Their County Health Department grant funds were used to purchase related videos, shirts, stickers and coloring books. The girls wrote detailed lesson plans and created hands-on activities to help reinforce the concept of proper handwashing. When they reviewed attendance statistics in the few months after their workshops, the girls found that school absences due to illness dropped by 1%.

For their efforts, the two students and a teacher received an all-expense-paid trip to Washington, D.C., where they were honored at an awards reception. While in Washington, they met their state representatives, U.S. Senator Jon Tester (D-MT) and U.S. Rep. Dennis Rehberg (D-MT), and toured the U.S. Capitol, some of the museums and monuments. The 2010 Healthy Schools, Healthy People, It’s a SNAP program sponsors (Arylessence, Inc.; The Clorox Company; GOJO Industries, Inc.; Henkel Consumer Goods Inc.; Rubbermaid Commercial Products; and Water Journey, makers of Hands2GO) also gave their school a \$5,000 cash award and an array of hand-hygiene products.

There were also two 2010 Runners-up who each received a \$250 cash award for their school. Algood Elementary School in Algood, Tennessee, earned honors for a



partnership between the school nurse and the health educator for Putnam County. Together, they created a project focusing on handwashing and staying healthy during cold and flu season. In four days, they taught 602 students how germs could hide and how important it is to properly wash one’s hands.

The Walter C. Young Middle School in Pembroke Pines, Florida, created a science experiment to show that proper hygiene, especially hand hygiene, results in fewer illnesses in the school and community. Dubbing themselves The Science Dudes, students created survey questions and collected and analyzed data. The team started a Clean Hand campaign to bring awareness to the school community and presented their findings on the school TV station.

To find out how to participate in the It’s a SNAP program, and to obtain information on earning national recognition in 2011, visit www.itsasnap.org. The deadline for award submission is March 1, 2011.




NewsFlash

We Are the American Cleaning Institute

New Video Showcases ACI

When new washers came on the market, we created a brochure to help you understand how your high-efficiency (HE) washers and detergents work in harmony to get your clothes clean. Last flu season, H1N1 was the problem, and we provided teachers and parents with the Cold and Flu Toolkit. Since our inception in 1926, we have been helping consumers understand the benefits of cleaning products by providing nonbranded, fact-based educational materials – and that won't change with our new name.

Now the American Cleaning Institute® (ACI™), we are the same organization and we still represent the same industry. Our global and domestic partnerships will continue and we will remain dedicated to clean living and sustainability through practical advice, science and policy. Get to know the new ACI by visiting our website. While there, check out our "We are the American Cleaning Institute" video, www.cleaninginstitute.org/multimedia.

Custodian Award

2011 Nominations Due December 1, 2010

The National C.L.E.A.N.® Award recognizes the contributions that custodians make to public health in their schools, communities and profession. Sponsored through a joint initiative of the National Education Association (NEA), the NEA Health Information Network (NEA HIN) and the American Cleaning Institute® (ACI™), the award is presented to a school custodian or team of custodians who demonstrate outstanding leadership in school cleanliness, and reflects the contributions that education support professionals (ESP) can make to public health.

Applications are evaluated on originality, creativity, ability to sustain results, evidence of teamwork and program impact. Applicants are asked to provide information about their worksite and cleaning responsibilities. Applicants should also provide evidence of collaboration and how their work has enhanced the image of the custodian.

For inspiration, check out "Custodian Crossings," an online

publication that is an idea starter for sustainable school cleanliness strategies. In addition, it showcases the 2010 C.L.E.A.N. Award recipients and includes information on applying for – or nominating someone else for – the 2011 C.L.E.A.N. award. Download a copy of "Custodial Crossings" to share with your school, and learn more about the C.L.E.A.N. Award at [www.cleaninginstitute.org/clean_living/custodians.aspx](http://cleaninginstitute.org/clean_living/custodians.aspx).

Ready to nominate your star custodian? Go to www.neahin.org/cleanaward/apply2011/index.html for the 2011 C.L.E.A.N. Award Application Package. Completed application packages must be postmarked on or before December 1, 2010.



ACI Is on Facebook

The American Cleaning Institute® (ACI™) wants you! Join us on Facebook to get the latest news you can use when cleaning your homes, hands, clothes, dishes and surfaces. Here is the place to catch up with ACI as we talk to partners and friends about the many ways the cleaning-

product industry contributes positively to society. We also invite you to discuss cleaning solutions and post pictures of your before-and-after dirty dilemmas.

Go to www.facebook.com/AmericanCleaningInstitute to join our group and share with your Facebook friends!



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Classroom Aids from ACI

Curriculum help is just a website away

Trying to do more with fewer financial resources is a challenge for anyone involved in education today. So if you are an educator who is looking for some exciting, easy-to-implement ideas to integrate into your curriculum, the American Cleaning Institute® (ACI™) and its partnerships have developed programs and materials to enhance classroom teaching across all grade levels.

Pre-K+: Hooray for Handwashing

This program, designed for Pre-K and up, focuses on teaching young children when to wash their hands and why it's important. These hand-hygiene education materials include a "Hooray for Handwashing" storybook, coloring sheets, music tracks (mp3) and sheet music. The materials are available for download or you can order all the digital files on a CD, as well as printed copies of the storybook. For more information, visit the At School section under the Clean Living tab at www.cleaninginstitute.org.

Elementary School: The Art and Science of Bubbles

Through a dozen hands-on activities that are definitely fun, elementary school students will delight in learning all about the art, the science and the magic of bubbles. For more information, visit the At School section under the Clean Living tab at www.cleaninginstitute.org.

Middle School: Soaps and Detergents

This program provides supplemental material for middle school science curriculums. Included are the origins of personal cleanliness (which date back to prehistoric

times) and the history, chemistry, safety, product ingredients and manufacturing of soaps and detergents. For more information, visit the At School section under the Clean Living tab at www.cleaninginstitute.org

Middle School: Healthy Schools, Healthy People, It's a SNAP

Healthy Schools, Healthy People, It's a SNAP (School Network for Absenteeism Prevention) is a grassroots, education-based effort to improve health by making hand-cleaning an integral part of the school day. SNAP is designed to get the entire school community talking about clean hands by providing tools for incorporating hand hygiene into multiple subject areas and activities. The program is sponsored by Centers for Disease Control and Prevention, the U.S. Department of Health and Human Services and the American Cleaning Institute. Information can be downloaded from www.itsasnap.org.

High School/College: Fact Sheets

Fact sheets are available through the American Cleaning Institute on a variety of topics that supplement the high school/college curricula or, in the case of college students, help them get over the hurdle of responsibility for their daily life. Topics covered include allergy and asthma education, choosing and using household cleaning products, how to use laundry detergents and laundry aids effectively, reading garment care symbols, safe use of household cleaners, food safety information and more. For more information, visit the Publications section under the Clean Living tab at www.cleaninginstitute.org.

Putting Camping Gear into Hibernation

Tips for cleaning and storing camping equipment

For many, the end of summer marks the end of the camping season. If this is true for you, don't just plop your gear in a corner until the warm weather returns. Instead, give it all a careful once-over to spot what needs to be cleaned and repaired. Not only will everything be camping-ready in the spring, but your gear will also last longer and serve you better, says Nancy Bock, Vice President of Consumer Education at the American Cleaning Institute® (ACI™).

Sleeping bags: At the very minimum, sleeping bags should be aired out and thoroughly brushed clean before storage. If a more thorough cleaning is required, check the care label or contact the manufacturer. Most sleeping bags, even down ones, are washable – preferably in a front-loading commercial washing machine so the bag has plenty of room to circulate. Dry it thoroughly – again, in

a large commercial dryer. A synthetic bag can take up to an hour to dry; a down bag can take two hours or more. Storing your bag in its stuff sack can cause the filling to deteriorate. If possible, hang the bag over a rod. If that's not possible, wrap it in a sheet (to keep the dust away) and store it flat under your bed.

Tents: Wait until a clear day, then set your tent up outside and let it air out. Using a damp sponge, wipe both the inside and outside. While doing this, check for holes and tears that will need to be repaired. Once the tent is completely dry, disassemble it and store in a cool, dry place. Prolonged sunlight and high temperatures may disrupt the coatings.

Cookware: Thoroughly wash and dry all your cookware. Even the smallest particle of food, left to molder all winter, can turn into a nasty surprise.

An Ounce of Prevention

Clean before storing summer sundries

In many parts of the country, that long, leisurely stretch of nice weather is a thing of the past. One day it's summer; the next day, winter has arrived. So don't get caught unaware! Nancy Bock, Vice President of Consumer Education at the American Cleaning Institute® (ACI™), recommends proper cleaning and storage of summer sundries to save time and aggravation when spring comes.

Portable Grill

Dismantle the grill. Clean all the individual parts, as well as the interior shell, with a bucket of warm water and soap followed by a thorough rinsing from the garden hose. Once all the parts are clean, reassemble it and fire it up to completely dry it. Let it cool and then apply a light coat of cooking oil to the metal parts. Cover the grill and store it in a sheltered spot. While the garage may be fine for your grill, propane tanks should never be stored in an enclosed area. Remove them from the grill and store them separately outside. If you have a grill connected to an in-ground gas line, consult the owner's manual for cleaning instructions. In the spring, burn off the protective coat of oil before putting food on the grill.

Garden Tools

Remove any caked-on soil using a stiff brush and soapy water. Then lightly rub the metal surfaces with steel wool until they are clean and shiny. If rust spots remain, remove them with a rust-remover product. Then lightly coat any blade areas with a bit of oil. Store them in an enclosed place.

Window or Wall Air Conditioner

For window/wall units: vacuum the evaporator coils. Change the disposable filter or clean the permanent filter. For the latter, sprinkle powdered laundry detergent over the surface, and then fill the sink with about one inch of hot water. Let the filter soak for about 15 minutes and rinse it well with warm water. Make sure the filter is thoroughly dry before reinstalling it. If the unit stays in place all year, cover it during the off season. If you remove and store it anywhere that is prone to dampness, such as a cellar or a garage, raise it off the floor with a few pieces of wood. This will protect it from moisture on the floor.

 Ask NancyTell Nancy

Remember when you were in school and Show ‘n Tell was a favorite classroom activity? Well, that’s just what we’d like to do with this section of Cleaning Matters. We’d love to hear more from our readers! Here’s an acceptable place to air your dirty laundry . . . to tell others how you coaxed spots and stains from your favorite outfits. Do you have a funny story about what was left in the pockets? What lessons have your kids learned the hard way about doing their own laundry? You decide what’s next! Send Nancy an email at education@cleaninginstitute.org and write “Tell Nancy a story” in the subject line.

Q: I am worried about germs on my kitchen counters. Is it true that more bleach kills more germs?

A: The only advantage to using more bleach than prescribed is if the surface is soiled. To create a sanitizing solution, it is recommended that you use one tablespoon of EPA-registered unscented liquid bleach per gallon of water. Spread the solution liberally over the countertop. Let stand for at least two minutes and then allow to air-dry. We recommend making up fresh sanitizing solution as needed, rather than storing leftover solution.

Q: Because they can be uncomfortable and not always safe, last year I convinced my kids to forgo masks in favor of face paint and other makeup to create their Halloween “personas.” It was a great success and we’re doing it again this year. The only problem is the makeup stains on their outfits. Some stain-removal help, please!

A: Stains from face paint, makeup, hair gel and lipstick can all be treated with a prewash stain remover, and then laundered in the hottest water that’s safe for the fabric. Of them all, lipstick may be the most stubborn, requiring a second round of prewash stain remover and laundering. Just make sure that the stains are gone before putting the garments in the dryer. Otherwise, the heat of the dryer may permanently set them, making them impossible to remove.

Halloween stains can sometimes “settle in,” because, once the festivities are over, washing the costumes isn’t one’s first priority. Treating the stains with a stain stick or a stain-removal wipe will put them on hold for up to a week.

Nancy Bock is Vice President of Consumer Education at the American Cleaning Institute® (ACISM)

Clean Ideas

Eating Healthy Means Eating Safely

Ten strategies to keep foodborne illnesses away

When it comes to healthy eating, it's not enough to pack your diet with options like whole grains, fresh fruits and vegetables, low-sodium alternatives and heart-healthy selections. Making smart food choices is just one-half of the equation. The other half is using safe procedures for food preparation, serving and storage. Food that is mishandled can lead to foodborne illnesses. And because bacteria are everywhere, cleanliness is a major factor in preventing foodborne illness.

Hands First: Clean hands are the first line of defense in safe food preparation. To do the job properly, wet hands with warm, running water. Then apply soap. Rub hands together vigorously to make lather and scrub all surfaces. Continue for 20 seconds or about as long as it takes to sing one verse of "Old MacDonald Had a Farm." Rinse well under warm, running water. Dry hands thoroughly.

Clean Surfaces: Make sure food-preparation surfaces and utensils are clean. Use soap and hot water to effectively get rid of bacteria. Wash well and often.

Wash: Fruits and vegetables should be washed thoroughly and paper-toweled dry before eating. Use running water. If standing water is used, the microorganisms that have been rinsed off one item can be transferred to another.

Disinfect/Sanitize: After your cutting board is used for uncooked meat, fish or poultry, scrub it clean and then sanitize it with a solution of one tablespoon of liquid chlorine bleach per gallon of water. Flood the surface with the bleach solution and allow it to stand for several minutes. Rinse with clear water and air-dry or pat dry with clean paper towels.

Clean S.P.O.T

NEA HIN

A safe and healthy school promotes learning, and custodians are key to a clean and healthy school. American Cleaning Institute® (ACI™) is pleased to partner with the National Education Association Health Information Network (NEA HIN) and support the custodians' efforts through the National C.L.E.A.N.® Award.

NEA HIN is the nonprofit health affiliate of the National Education Association. Its mission is to improve the health and safety of the school community by developing and disseminating information and programs that educate and

Separate: Keep raw meat, poultry, seafood and eggs away from other foods in the shopping cart, grocery bags, refrigerator and on preparation surfaces.

Cook: Use a food thermometer to make sure all foods are cooked or reheated to the proper temperature. For quick and more accurate results, use an instant-read digital thermometer, not a large-dial food thermometer.

Chill: Refrigerate or freeze meat, poultry, eggs, seafood and other perishables within two hours of cooking or purchasing.

Reheat Safely: Use a thermometer to make sure leftovers are reheated to 165°F.

Launder: Dishcloths should be cleaned often. Use the hot water cycle of your washing machine. Or, consider using paper towels to clean up kitchen surfaces. Then, throw the germs away with the towels!

No Pets Allowed: Keep pets off kitchen counters and away from food.

empower school professionals and positively impact the lives of students. NEA HIN provides health and safety information to the 3.2 million educational employees and students they serve. NEA HIN distributes information nationally through NEA's 51 state/territory affiliates as well as 14,000 local education associations. Through its focus on physical, mental and environmental health and on safety in the school and community, NEA HIN seeks to ensure that the entire school community is safe and healthy.

For more information about the National C.L.E.A.N. Award, to nominate an NEA custodian or to learn more about safe and healthy schools and the work of NEA HIN, go to www.neahin.org.



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