



**Community and Public Health Environmental Initiative  
Cleaning/Disinfecting Protocol for Physical Exams by DNP Faculty and Students  
at Early Head Start, Head Start,  
and Family Support Centers**

**General Cleaning/Disinfecting Protocol**

- 1) Perform hand hygiene.
  - Wash hands for 20 seconds with soap and water.
  - If soap and water unavailable, place one pump of hand sanitizer (at least 60% alcohol) in the palm of one hand and vigorously rub the hand sanitizer on your palms, between your fingers, and the back of your hands and fingers.
- 2) Don a pair of nitrile gloves.
- 3) If surface is visibly soiled, pre-clean the surface by wiping with soap and a paper towel.
- 4) Spray with a disinfectant that is least toxic, biodegradable and fragrance free. Follow product instructions regarding wiping or air drying. For example, instructions may state “do not wipe, allow to air dry for 10 minutes.” For EPA Safer Choice products visit: <https://www.epa.gov/saferchoice/products>
- 5) For medical and computer equipment (otoscope/ophthalmoscope, iPad, stethoscope, Apple Pencil, BP cuffs, thermometer), wipe the external surface with alcohol prep pads and allow to air dry.
- 6) Remove nitrile gloves and perform hand hygiene.
- 7) All equipment and surfaces should be cleaned and disinfected when arriving in the center prior to use. Equipment and surfaces will need to be cleaned and disinfected after each physical exam is conducted.

**Cleaning/Disinfecting Protocol for Developmental Screening Items**

- 1) Items that have been placed in children’s mouths or contaminated by body secretions/excretions should be set aside until they can be cleaned.
- 2) Perform hand hygiene as described previously.
- 3) Don a pair of nitrile gloves.
- 4) Clean items with soap and water and allow to air dry.

- 5) Spray least toxic disinfectant on the items to be cleaned until surface is wet. Follow product instructions regarding wiping or air drying. For example, instructions may state “do not wipe, allow to air dry for 10 minutes.”
- 6) Rinse the items with water and allow to air dry.
- 7) Remove nitrile gloves and perform hand hygiene.