

# Cleaning with microfiber cloths and mops



Best practices for healthy child care centers



## Why use microfiber tools for cleaning?

A recent study of microfiber mop usage in hospitals showed that microfiber mops used with a detergent cleaner removed bacteria as effectively as cotton mops used with a disinfectant. Microfiber cleaning cloths and mops are better than cotton rags and paper towels because they:

- ✓ Reduce exposures to chemicals because they attract negatively charged dirt and grease, so cleaning surfaces can be done without chemicals
- ✓ Remove more dirt, oil, grease, and germs from surfaces, including hard-to-kill spores
- ✓ Dry faster than cotton, so it's harder for bacteria to grow.
- ✓ Are washable (less landfill waste), durable, and inexpensive

## Where do I find microfiber cleaning tools?

Microfiber cloths and mops are available in grocery stores, hardware stores, big box stores and online. Prices can be cheap

**Microfiber mops are lighter, reducing neck and back injuries from heavy, water-soaked cotton mops.**



especially when bought in bulk. There are differences in quality and durability. Higher-priced cloths usually have smaller fibers and pick up more dirt and dust, but even the inexpensive ones get good results.

## How do I clean and maintain my microfiber tools?

- ✓ Clean microfiber cleaning cloths after every use. Use color-coded cloths for different areas of your facility, so you don't transfer germs from one area to another.
- ✓ Wash and dry microfiber separately from all other laundry.
- ✓ Do not use bleach! This will shorten the life span of the microfiber.
- ✓ Do not use fabric softener! Fabric softeners contain oils that clog up microfibers. This makes them less effective during your next use.
- ✓ Wash heavily soiled microfiber cloths and mop heads in warm or hot water with detergent. Lightly soiled cloths can be washed in cold, or on the gentle cycle.
- ✓ Microfiber dries very fast, so you can use a short laundry cycle. You can also hang items up to dry.



Reference: [USEPA] Green Cleaning, Sanitizing, and Disinfecting: A Curriculum for Early Care and Education: <https://bit.ly/2IVQppC>  
Reference: "What's so great about microfiber?" [https://wspehsu.ucsf.edu/wp-content/uploads/2015/10/FactSheet\\_Microfiber.pdf](https://wspehsu.ucsf.edu/wp-content/uploads/2015/10/FactSheet_Microfiber.pdf)