

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