

COTS, CRIBS, SLEEPING MATS, AND LINEN CARE

All sleeping mats, cribs, and cots must be separated by a minimum of 24 inches head-to-toe and 36 inches head-to-head. Mattresses must be covered with a waterproof material. Cribs, mats, and cots must be sanitized daily, unless each child has his/her individual crib, etc. that is labeled with the child's name. Otherwise, cribs, mats, and cots without the child's name should be cleaned with a sanitizing solution at least once a week, upon change of occupant, or when soiled. Bedding should also be washed with soap and water, rinsed, and sanitized when soiled, with change of occupant, or at least once a week. An excellent and inexpensive sanitizing solution is chlorine bleach and water in the ratio of one tsp bleach per gallon water (50-100 ppm).

Mats and bedding must be stored between uses in a manner that protects them from contamination. Each child's blanket should be stored in an individual storage cubby or otherwise separated from other children's bedding.

If sheets and blankets are provided by the facility, then they must be of a design that permits the sheets and blankets be washed in hot (120°F) water and dried at high temperature setting or approval by Environmental Health Specialist (EHS) if another method is to be used.

Clean linen must be protected from contamination. It should be stored in closed cabinets separate from craft, play, cleaning, and food related items.

Kitchen linens should not be laundered with other items.

Original Document Prepared by Anna Helm, RS, MPH, Multnomah County Health Department
Revised 2/10 by CHICS Committee during our meetings between Child Care Division staff and Health Department staff in the Tri-County area