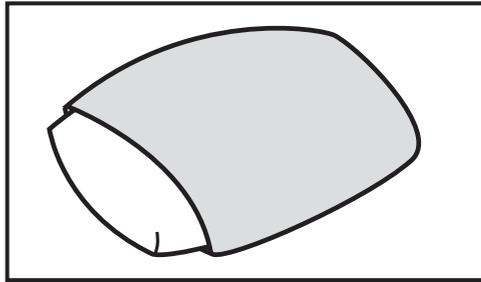


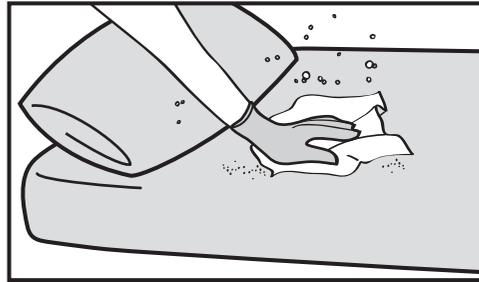
HOW TO

Clean and Disinfect Mattresses and Pillows

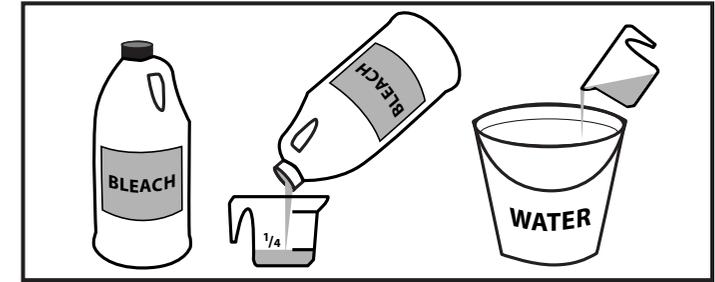
to prevent illness



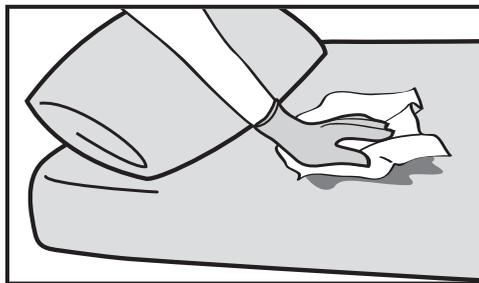
Cover mattresses and pillows with plastic cover



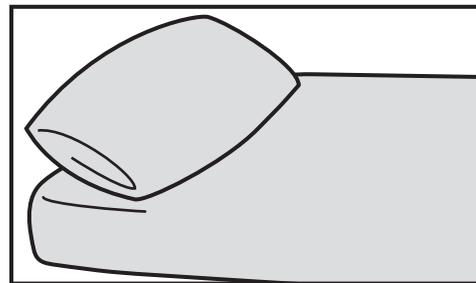
Clean with soap and warm water and rinse



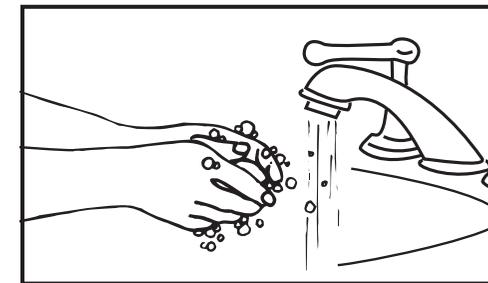
**Make disinfectant:
Mix 1/4 cup household bleach with 1 gallon cool water**



Disinfect with bleach solution



Air dry



Wash hands

When to clean and disinfect mattresses and pillows:

- After each use – if used by different people
- Weekly, if used by the same person

P R I N T I N G S P E C I F I C A T I O N S

Title: **How to Clean and Disinfect Mattresses and Pillows to Prevent Illness**
(1 poster of 8 in a set of Infection Control posters*)

Size: 8.5 x 11

Paper stock: 65# Cover, white

Ink color: Black + PMS 286

Special instructions: *Set of 8 posters: 821-060, 061, 062, 063, 064, 065, 066, and 067.

DOH Pub #: 821-063