

THE ULTIMATE GUIDE TO POST-PANDEMIC SPA INFECTION PREVENTION



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THE BEAUTY OF DISINFECTION

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THE COVID-19 PANDEMIC CHANGED HOW PEOPLE

think about disinfection. While keeping your space as clean and healthy as possible for employees and clients has always been of the utmost importance for spas, the pandemic made this an essential part of running a successful business throughout this challenging time. The pandemic has given people a new understanding of the importance of infection prevention for spas. Spagoers are more concerned now than ever before that equipment, workspaces, and tools used in the spa not only look clean, but are properly disinfected every day. When it comes to the health and safety of customers, there's no such thing as cutting corners on proper disinfection to save time, money, or effort. Today, spa's future and reputation are dependent on keeping everyone feeling safe and preventing the spread of viruses, bacteria, and fungi.

The Ultimate Guide to Post-Pandemic Spa Infection Prevention presented by Virox™ Technologies Inc., creators of Rejuvenate™ and Prevention™ Disinfectants, outlines what needs to be disinfected, how to do it, and provides tips to ensure spas offer the cleanest and healthiest environment for their clients and staff. It also helps spas understand what they need to do to pass state inspections as they reopen their doors and continue to run a successful business. Virox Technologies Inc is the creator of patented Accelerated Hydrogen Peroxide® (AHP®)-based disinfectant products. With a successful background and experience in the healthcare market, Virox Technologies Inc offers Rejuvenate and Prevention Disinfectant products formulated specifically for spa surfaces, equipment, foot baths, and tools. Rejuvenate disinfectants are EPA-registered hospital-grade disinfectants, which are tough on germs but safer for users and the environment.

THE IMPORTANCE OF SPA SANITATION

It's important for any business to maintain a clean and healthy environment, especially spas, as they offer services in which equipment and tools can easily transmit pathogens to clients and employees. While COVID-19 is top of mind for most people these days, this is only one of many pathogens that can cause infection in spas. Other notable viruses such as HIV, hepatitis B and C, herpes, and flu; fungi like athlete's foot and nail fungus; and bacteria such as Staphylococcus or Pseudomonas that can cause skin infections, all threaten the health of your spa facility. In addition to the negative health consequences for clients and staff, spas risk health inspector fines, a loss of reputation and social media backlash (poor ratings), and even business interruption or closure.



SAFETY FIRST

From the very start of the pandemic, people were told that one way to prevent COVID-19 exposure is to regularly disinfect surfaces and any equipment that may come in contact with someone else. This caused panic among people around the world, leading many to purchase any available disinfecting products and utilize them without fully understanding the proper use of the formulas. To ensure that spas follow the proper sanitation practices, federal and state agencies have implemented guidelines that monitor safety in the workplace. Federal and state laws require that manufacturers supply an SDS (Safety Data Sheet) for all products, which include important information on ingredients, safe handling, use procedures, and any potential precautions. All of these regulations and laws are important to the spa industry because they address issues relating to the handling, mixing, storing, and disposing of disinfectants as well as general safety in the workplace. Every U.S. state has regulations that must be followed to ensure that clients and staff are safe and healthy inside the spa, and it is recommended that each spa researches the specific regulations required by their state. Another way spas can ensure employees and clients are safe when using disinfectant products is to opt for reputable, non-hazardous formulas whenever possible.



Here is a simple checklist spas can use to ensure their facility is on top of disinfection regulations, and ensure that expectations from clients and employees are met:

- Is the spa well-lit, clean, and organized?
- Are you aware of your state's disinfectant requirements?
- Are tools being reprocessed properly in-between clients, and are they in good condition?
- Are proper storage areas available to prevent contamination of disinfected items?
- Are handwashing signs visible for clients and team members?
- Are gloves and masks worn when needed?
- Are clients aware of your disinfectant products and infection prevention procedures?
- Do team members know their responsibilities in providing a safe and healthy space for their clients?

CHOOSE WISELY

Disinfection is one of the most important steps in preventing infections in spas, but it can be challenging to know where to start when choosing a safe, effective disinfectant. Here are four things to look at:

- 1. Broad-Spectrum Efficacy:** Choose an EPA-registered hospital-grade disinfectant to protect against the wide variety of pathogens you may encounter.
- 2. Safe:** Find a product that is tough on pathogens while also being non-irritating to you and your clients and non-hazardous to the environment. Rejuvenate products contain Accelerated Hydrogen Peroxide®, which is gentle to use and environmentally sustainable.
- 3. Simple to Use:** Disinfectant products should be simple and straightforward to make it easy for spas to ensure the health and safety of all employees and clients.
- 4. Short Contact Time:** Look for a disinfectant that is safe and effective in a rapid and realistic contact time. While many products require a 10-minute contact time to kill all the pathogens listed on their label, others kill pathogens in little as 1 minute.



INSPECTION READY

Infection Prevention is not only important for the health of spa clients and employees, but it's also crucial for the reputation of a spa's business. Any indication of an unsanitary spa on social media can be extremely damaging to a business and its reputation. That's why health inspections are essential. Follow these four tips to help pass your spa Health Inspections:

- 1. Assign Roles and Responsibilities:** Spas should ensure that every team member understands the necessary infection-prevention protocols at the spa. Each team member should be assigned a specific role and responsibility to ensure that they are held accountable, and nothing gets missed.
- 2. Make a List of Spa Surfaces:** Create a list of all of the spa's surfaces that need to be disinfected and designate each of them as high-risk or low-risk. This may include massage and facial tables, manicure stations, warming equipment, reception areas, countertops, and other commonly-touched surfaces. Also, be sure to regularly replace or repair furniture if any damage is present, as it will impact the ability to clean and disinfect these surfaces properly. In addition, always provide clean linens and towels, and encourage clients and staff to wash hands frequently and wear gloves when necessary to prevent the spread of pathogens. Pathogens can spread in a number of ways, including through direct person-to-person contact, through respiratory droplets or airborne particles when we cough or sneeze, or by hitching a



ride on contaminated surfaces or tools. Contaminated spa tools that may accidentally cause small cuts or breaks in the skin can also transmit serious blood-borne infections, so it's important to disinfect reusable tools and immediately discard single-use tools.

- 3. Create Customized Protocols for Each Service:** Because spa equipment and tools can easily transmit pathogens to clients and employees, it's important that spas understand what equipment and tools need to be disinfected and how to do it. Rejuvenate offers the complimentary Disinfection Protocol Tool, which helps spas develop customized protocols for each service and help them build a comprehensive disinfection program to meet employees' and clients' needs.
- 4. Use Logs to Document Protocols:** Be sure to record when cleaning and disinfection occurs and keep the log up to date. This helps a spa stay on top of its disinfection protocols, and provide documented proof in the event of an inspection.

CLEAN BREAK

The words **cleaning**, **sanitizing**, **sterilizing**, and **disinfecting** all have to do with maintaining a safe and healthy space, but their actual meanings differ.

- **Cleaning** is the act of removing dirt and debris from a surface or item and preparing it for disinfection. While this process may physically lift some pathogens off the surface, it does not necessarily kill them.
- **Sanitizing** helps to reduce the number of bacteria on a surface. This does not include other types of pathogens such as viruses or fungi. While sanitizing may be sufficient in some settings, it won't offer spas the full protection they need from the variety of pathogens that can cause infection.
- **Disinfection** kills pathogens on a surface, which can include viruses, bacteria, and fungi. Routine disinfection plays an essential role in protecting spa health and safety.
- **High-level disinfection** kills a broader spectrum of pathogens. It is recommended for tools that may accidentally cause cuts or breaks in the skin during use and carry a higher risk of infection. This includes tools such as nippers, cuticle pushers, and foot and nail files.



In addition to the various words for disinfection, several formats of disinfectant products can get the job done, including ready-to-use (RTU) wipes, RTU spray, and concentrate liquid.

- **Rejuvenate Ready to Use Wipes** provide a convenient way to quickly and easily prevent the spread of germs on surfaces like manicure tables, stainless bowls, work tables, handheld massage equipment (cups/stones), chairs, and non-circulating foot baths. These EPA-registered, hospital-grade disinfectant wipes kill viruses and bacteria in 1 minute, and are intended to be disposed of after each use.
- **Rejuvenate Ready to Use Spray** is an effective and convenient choice for everyday use on hard non-porous surfaces and equipment, chairs and stools, massage tables, countertops, and more. Simply spray and leave wet for as little as 1 minute for it to be effective on bacteria and viruses, five minutes for mycobacteria, and 10 minutes for fungi.
- **Prevention HLD8** is an FDA-registered disinfectant that exceeds state requirements for tool disinfection and helps to destroy bacteria, viruses, and fungi in 8 minutes when tools and implements are fully immersed for the entire contact time. It's perfect for nail tools and implements, as well as tweezers and comedone extractors.
- **Rejuvenate Concentrate** offers the user the option to dilute at ratios based on what is needed. This EPA-registered, hospital-grade formula provides an economical solution for cleaning and disinfecting larger spa surfaces, including foot baths, and kills bacteria, viruses, and fungi in only 5 minutes.

TOOL TYPES

Spas and salons utilize many different tools regularly, and the type of disinfection treatment depends on the type of tool used and its materials. For example, single-use tools are usually made from porous materials like foam, paper, and wood, so they cannot be appropriately cleaned and disinfected. On the other hand, multi-use tools are made from non-porous materials like glass, stainless steel, and hard plastic, which need to be cleaned frequently and disinfected in between uses. Many nail tools like nail clippers, cuticle pushers, foot files, nail files, and drill bits are considered semi-critical tools, meaning that they may come in contact with non-intact skin (i.e. by causing small cuts or breaks in the skin) and carry a greater risk of infection. Immersing semi-critical tools in a high-level disinfectant, like Prevention HLD8, is an effective way to disinfect reusable tools with no dilution required in as little as 8 minutes.



STEP IT UP

SURFACE DISINFECTION WITH REJUVENATE

1. Remove any dirt and debris from the surface.
2. Apply Rejuvenate Ready to Use Spray, Wipes, or diluted Concentrate solution.
3. Allow the surface to remain wet for the required contact time.
4. Wipe surfaces dry or allow to air dry.

SURFACE CHECKLIST:

| | |
|---------------------------------|----------------------------|
| Body Slimming Machines | Reception and Common Areas |
| Chairs | Skincare Equipment |
| Countertops | Stools |
| Facial Steamers | Treatment Areas |
| Magnifying Lenses | Trolleys |
| Massage and Facial Tables | Warming Equipment |
| Massage Equipment (Cups/Stones) | Work Stations |

TOOL DISINFECTION WITH PREVENTION HLD8

1. Clean tools using water and detergent.
2. Rinse tools with clean water and dry.
3. Fully immerse tools in Prevention HLD8 for only 8 minutes.
4. Rinse tools with water and dry manually using a clean cloth.
5. Store in a clean, closed container to prevent contamination.

TOOLS AND IMPLEMENTS CHECKLIST:

| | |
|----------------------|------------------------|
| Comedone Extractors | Nail Clippers |
| Cuticle Pushers | Reusable Razor Handles |
| Metal Nail Files | Tweezers |
| Microblading Handles | |



GET NOTICED

It's important that clients not only see that a spa is clean, but it's also crucial to show and educate clients on the many ways the spa takes disinfection seriously. Here are some tips for getting clients to notice a spa's efforts to create the healthiest and safest environment for its customers and staff.

1. Be proud to clean and disinfect in front of clients between services.
2. Communicate with clients by adding window decals, displaying protocols and disinfection certificates, making a canister of wipes readily available, and telling clients what is being done to keep them

safe. The Rejuvenate Resource Kit includes window decals, tent cards, and other client communication aids to promote protection of the facility.

3. Store tools properly in labeled containers (disinfected) to prevent contamination.
4. Ensure team members practice good hand hygiene (washing hands with soap and water) in front of clients.
5. Keep the space clean and well-organized (even bathrooms and common areas are cleaned and disinfected regularly).
6. Ensure the team wears the appropriate personal protective equipment when necessary with clients, such as gloves.

KNOWLEDGE IS POWER

It's crucial that spas receive proper training and education to understand what equipment and tools to disinfect and how to do it. This can be done with appropriate disinfection and hygiene policies and constant training and education to ensure all employees follow the spa's protocols. Spas can also improve infection prevention education through Rejuvenate's complimentary **Infection Prevention Certificate**. The online courses target specific professional beauty practices and consist of three separate modules that take 45 minutes to complete. Each module ends with five questions, and once complete, a personalized certificate is received. Be sure to display this certificate inside the spa so clients can gain peace of mind upon entering your facility and know that you are following the proper steps to ensure the health and safety of all clients and employees.

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