

COVID-19

SAFELY DISINFECTING YOUR NAIL SALON



PARKDALE
QUEEN WEST
Community
Health Centre

A RESOURCE FOR
NAIL TECHNICIANS

Because nail salon workers are already exposed to a number of chemicals in their daily work, using the safest cleaning and disinfecting products will be best for your health.¹



- Products that are approved by Health Canada may still contain chemicals that can be harmful to your health. This is especially important when they are used every day and in combination with other strong and sometimes toxic chemicals used in nail salons.
- Soap and water are your best defense! For surfaces that are not frequently used, cleaning with water and soap or fragrance-free all-purpose detergent is all that is needed. Use a microfibre cloth to clean as it also can remove dirt, bacteria and viruses.
- Disinfectants contain toxic products; the problem can be the “active ingredient” or other chemicals. Disinfectants are used sometimes when they are not needed, and can make people sick. The most common hazard is asthma; common disinfectants can cause the disease, worsen the disease, or can bring on an attack.
- When disinfectants are needed – for example, after cleaning tools or in the pedicure bath – always try to use the ones that cause the least harm. Remember, disinfectants don’t work unless the surface is cleaned first. You cannot disinfect a dirty surface.

It is important to remember that the spread of COVID-19 is not common on hard surfaces and spreads more frequently through air transmission. This is why it is important to abide by your regional public health unit’s guidelines and:

- Wash hands regularly for at least 20 seconds (only use hand sanitizer when soap and water are not available)
- Ensure your work environment has proper ventilation
- Maintain physical distancing – 2 metres – when possible
- Always wear triple-layer masks that are kept clean and are well-fitted.
- Use nitrile gloves to protect your skin.
- Use face shields or goggles to protect your eyes.

FOR YOUR OVERALL SAFETY...

LOOK FOR THESE

- ✓ Alcohol isopropyl
- ✓ Hydrogen peroxide
- ✓ Citric Acid
- ✓ L-lactic acid



AVOID THESE



- ✗ Bleach
- ✗ Quarternary Ammonium Compounds (see description in notes below) including Dimethyl Benzyl Ammonium Chloride, Chlorine Dioxide, Sodium Hypochlorite, Benzalkonium Chloride
- ✗ Triclosan
- ✗ Added fragrances

The following table of disinfection products often used in nail salons is coded from **safest** to **least safe**.

	Product brand name	Key disinfecting ingredients/chemicals	Use as per manufacturers’ instructions	Any issues/ Concerns with these Chemicals
Good choice	Alcohol wipes, spray	Ethyl alcohol and isopropyl alcohol	70% Concentration needed for both. Always read instructions on bottle.	May cause eye irritation and prolonged use can be drying on skin. Dry eye drops can help for eye irritation, and regular use of nitrile gloves and moisturizing cream can alleviate skin drying.
	Hydrogen Peroxide	Hydrogen peroxide (available as 3% solution for commercial use)	Must have contact of 10 minutes to be effective	Can cause irritation to the eyes, nose, skin, and throat depending on amount used and frequency of use. (See solutions above)
	Oxivir Disinfectant Cleaner (Concentrate) (Diversey) DIN: 02403684	Hydrogen peroxide	Label indicates 5-minute contact. This is also a tuberculocide which means it can be used effectively and safely for cleaning pedicure baths.	Can cause strong irritation to eyes and skin. (See solutions above)
Use Caution	Preempt ² (Virox Technologies) DINS: Wipes - 02436671 Spray - 02436698 Concentrate - 2436701	Hydrogen peroxide, surfactants blend, phosphoric acid	Available as wipes, spray and concentrate – see link below for how to use each. https://info.virox.com/hubfs/PREempt_Product_Pages/PREempt_SSheet_CAN_Family_13.pdf	Can cause irritation to the eyes, nose, skin, and throat depending on amount used and frequency of use
Cause for concern/may be hazardous	Mr. Clean Disinfectant CAS: 140-01-2	Sodium hydroxide and alcohol ethoxylates	Let stand for 5 minutes.	Both ingredients are eye and skin irritants; sodium hydroxide is used in the composition of bleach and is highly corrosive ³ ; alcohol ethoxylates have been determined under the Canadian Environmental Protection Act to be “inherently toxic to humans” ⁴
	Virex 256 DIN: 02241502	Quarternary ammonium compound ⁵ (n-alkyl dimethyl benzyl ammonium chloride)	Highly concentrated; requires 1:256 dilution; apply solution to hard, non-porous environmental surfaces. To disinfect, all surfaces must remain wet for 10 minutes ⁶	<ul style="list-style-type: none">• Can cause asthma or make asthma worse• Endocrine disruptor; can cause fertility and other reproductive problems• Potent irritants; rashes, runny nose, sore throats, dermatitis• Toxic to aquatic life• Causes burns/ serious damage to mouth, throat and stomach⁷
	Bleach	Quarternary ammonium compound (Chlorine dioxide, sodium hydroxide)	<ol style="list-style-type: none">1. Always pre-wash a surface to be bleached with hot soap and water and allow to dry before applying bleach solution.2. Use solution of 1/3 cup bleach to 1 gallon water. Use microfibre cloth, synthetic mop or sponge to apply.3. After applying bleach, let the area sit for about 10 minutes, then wipe it with clean water.⁸	<ul style="list-style-type: none">• Can cause asthma or make asthma worse• Is corrosive; can cause damage to skin and eyes• If mixed with ammonia or acids, can cause fatal damage to lungs
	Lysol Wipes/ Spray DIN: 0235901	Quarternary ammonium compound (Benzalkonium chloride)	Wipe on hard, non-porous surface and allow to remain wet for 4 minutes. Then air dry. ⁹	<ul style="list-style-type: none">• Can cause asthma or make asthma worse• Endocrine disruptor• Can cause severe skin burns and eye damage• Linked to breast cancer¹⁰
	Attitude Disinfectant General Purpose Cleaner DIN: 02323176	Quarternary ammonium compound (Dialkyl and dimethyl ammonium chloride)	Leave on, no rinse. ¹¹	<ul style="list-style-type: none">• Can cause asthma or make asthma worse• Endocrine disruptor• Can cause severe skin burns and eye damage• Linked to breast cancer¹²



1 Read more about this issue here: <https://mailchi.mp/whsc/cleaning-products-damaging-worker-respiratory-health-study-confirms?e=444d08558e> and here: <https://www.whsc.on.ca/CMSPages/GetFile.aspx?nodeguid=2d9307ab-c62e-49af-80bb-f36fc7e53925&lang=en-CA>

2 https://info.virox.com/hubfs/PREempt_Product_Pages/PREempt_SSheet_CAN_Family_13.pdf

3 <https://www.cdc.gov/niosh/topics/sodium-hydroxide/default.html>

4 <https://pharosproject.net/hazard-lists/8#hazards-panel>

5 Quarternary Ammonium Compounds, also known as Quats, is a category of antimicrobial chemicals found in many cleaning, disinfecting, household and personal care products. There are over 300 varieties with varying degrees of potency and collectively have a range of associated negative health effects.

6 https://api.ferguson.com/dar-step-service/Query?ASSET_ID=2083781&USE_TYPE=SPECIFICATION&PRODUCT_ID=5051651

7 Diversey SDS: <https://sds.diversey.com/DirectDocumentDownloader/Document/?prd=MS0300585--PDF--MTR--ANEP--EN---->

8 <https://www.clorox.com/resources/coronavirus/how-to-make-your-own-disinfecting-solution/>

9 <https://www.lysol.com/frequently-asked-questions>

10 Pharos Project <https://pharosproject.net/chemicals/2010094#hazards-panel>

11 <https://ca.attitudeliving.com/products/disinfectant-all-purpose-cleaner-unscented>

12 Pharos Project <https://pharosproject.net/chemicals/2010094#hazards-panel>

This resource is available online in English,
Chinese, Vietnamese and Korean at www.pqwchc.org/nails

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**PARKDALE
QUEEN WEST**
Community
Health Centre

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