

## Cleaning guidelines during the coronavirus crisis

### GENERAL GUIDELINES

- Do not shake hands. Wave from a distance.
- Avoid contact with others if you are ill.
- Stay at home if you have a fever and inform your employer.
- Cough or sneeze into your elbow or use a tissue. Dispose of the tissue immediately in a closed bin.
- Do not wear any jewellery or piercings on your fingers, hands or wrists. Keep nails clipped short and unpainted.
- Wash your hands with liquid soap for 60 seconds:
  - Before and after eating
  - Before and after using the toilet
  - Before and after smoking
  - If your hands are dirty
  - After coughing or sneezing into your hands
  - When leaving or entering the building
- Dry your hands with a paper towel or kitchen roll. Dispose of the used paper towel or kitchen roll immediately in a closed bin.

### PRACTICAL GUIDELINES WHEN VISITING SOMEONE'S HOME

- Call and keep your distance.
- Wash your hands using liquid soap for 60 seconds after entering the property. Dry your hands with a paper towel or kitchen roll. Dispose of the used paper towel or kitchen roll immediately in a closed bin.
- Change your clothes (if necessary). Put on a front apron/apron or T-shirt in a well-ventilated area.
- Avoid touching your face.
- Always maintain social distancing when cleaning (at least 1.5 metres).
- Ask the resident to leave the room that requires cleaning (if possible).

- Clean the bucket with soap and water before use.
- Use a bucket with clean water and a clean cloth in each area.
- Wear gloves when cleaning the toilet and bathroom.
- Cloths are best washed at 60°C and then placed in a drying cabinet.
- Wash your hands regularly with liquid soap for 60 seconds. Dry your hands with a paper towel or kitchen roll. Dispose of the used paper towel or kitchen roll immediately in a closed bin.
- After washing your hands, put on plastic gloves before collecting the laundry.
- Do not shake out dirty laundry.
- Place the laundry in the washing machine.
- Wash as much as possible at 60°C and then dry it in a drying cabinet.
- Avoid touching your face, even with gloves.
- Take the gloves off according to the guidelines and wash your hands again for 60 seconds.
- Wash dirty dishes in the dishwasher at 60°C or by hand (with sufficient hot, soapy water).
- Clean the used bucket with soap and water again.
- Get changed in a well-ventilated area.
- Wash your hands with liquid soap for 60 seconds again. Dry your hands with a paper towel or kitchen roll. Dispose of the used paper towel or kitchen roll immediately in a closed bin.
- Do not shake hands as you leave.
- Wave to the resident from outside.