

COVID 19 - Infection Prevention Tips for Cleaning Professionals

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1. Put gloves on (don) before you start work and take them off (doff) when you stop work. Use fresh gloves each work period or clean & disinfect gloves before removing & reuse.
2. Wash your hands frequently and apply sanitizer gel before and after going to the restroom, eating or taking off your gloves or mask. Wear mask & goggles when mixing chemicals or mist or dust is in the air.
3. Keep your hands and fingers away from your nose, eyes, mouth, face and body. This is the most common way to infect yourself.
4. Stand back, keep your distance from others, 6-10 ft. is best (cough and sneeze zone). Wear a face mask (particulate respirator N95, surgery mask, bandana) at all times when working and when traveling in congested public spaces. (shopping, traveling, if closer than 10 ft. to someone else).
5. Be creative, find ways to avoid touching high use contact points (items touched /used repeatedly by others - knobs, handles, phones, push buttons, building entrances, elevators, conference and bathrooms) instead use an arm, shirt sleeve, elbow, foot, paper towel, gloves. Use credit cards or E-pay, avoid cash).
6. Do not go to work if you are sick (cough, cold, flu, temperature, shortness of breath, runny nose, open wounds). Those reporting to work with sick or with symptoms **Must** be sent home and referred to their personal physician.
7. Use disinfectant solution or wipes to regularly clean all high-touch surfaces such as light switches, elevator buttons, hand rails, drinking fountains, phones, door push plates and handles, counters, desks, keyboards, etc. Do the same at home, when you travel or use public facilities. Carry sanitizer gel/wipes with you.
8. Use vacuum cleaners, auto-scrubbers and carpet extractors with HEPA filtration. Do not use brooms or dust mops for dry soil removal.
9. Do not return soiled wet mops or cleaning cloths to same bucket or container. To prevent loss of effectiveness and contamination, replace cleaning solution, mops, cloths regularly (when they become cloudy, visibly soiled or per policy). Some areas require single use only. Mix cleaning solution per label instructions and allow specified dwell time for disinfectants, (up to 7-10 Min.).
10. Cleaning and disinfection alone will not guarantee an infection free environment. Employees, building occupants and the public must do their part by washing hands, covering coughs, staying home when sick and cleaning and disinfecting personal items and private work spaces. Providing sanitizing wipes for employee keyboards, desktops, and phones and using tissue or an elbow to catch sneezes helps keep everyone safe.

One Last Thought:

Don't be scared, be proactive by reducing risks & taking steps that help prevent cross infection. Be aware of your surroundings and take action to protect yourself, your family and the public. Protect and take care of the vulnerable members of society; the disabled, elderly and medically challenged. Show respect and gratitude for those who protect us and fearlessly come running when we need help. The best thing you can do right now is to stay away from others and follows the tips listed above.

This is important: it's the right thing to do. Lives depend on your actions.

Good Luck, Stay Healthy and Keep it Clean and Safe Out There.