

Covid 19 - Infection Prevention Tips for Residential Cleaning Professionals

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1. Advise consumers that for everyone's protection you will be practicing social distancing, wearing gloves and a mask when working in their home. Request that consumers (including pets and children) stay out of rooms and areas while they are being serviced. Inquire if anyone in the home or acquaintances are ill with cold/flu, if so, reschedule.
2. 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, etc.).
3. No handshakes or hugging (for now), Arm/Elbow bumping is in. Use phones & email to reduce personal contact. Do not share, use your own desk, phone, computer and stapler, etc.
4. Keep your hands and fingers away from your eyes, nose, mouth, face and body. This is the most common way to infect yourself. Clean & disinfect surfaces and items frequently.
5. Put gloves on (don) before you start work and take them off (doff) when you stop work. Use fresh gloves in each home or clean & disinfect gloves before removing and reuse.
6. Wash your hands frequently and apply sanitizer gel before and after going to the restroom, eating, taking off your gloves or mask. Wear mask & goggles when mixing chemicals or mist or dust is in the air.
7. 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).
8. 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, counter edges, desks, keyboards, etc. Do the same at home, when you travel or use public facilities. Carry sanitizer gel/wipes.
9. Use vacuum cleaners, auto-scrubbers and carpet extractors with HEPA filtration. Do not use brooms or dust mops for dry soil removal.
10. 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.).
11. Cleaning and disinfection alone will not guarantee an infection free environment. Occupants, family members, visitors and workers must do their part by washing hands, covering coughs, staying home when sick and cleaning and disinfecting personal items and private spaces regularly. Use sanitizing gel or wipes to clean hands, keyboards, door knobs and phones. Using tissue or an elbow to catch sneezes helps keep everyone safe.

Last Thoughts:

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 follow 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.