

# **Cleaning guidelines to prevent the spread of COVID-19.**

We created this checklist based on recommendations from Centers for Disease Control and Prevention (CDC), the U.S. organization dedicated to disease prevention and control. We keep this checklist handy when we clean.

## **Cleaning checklist**

### **Air the rooms before cleaning.**

Circulate fresh air for at least 20 minutes. Preferably leave all windows open during cleaning.

### **Wash your hands thoroughly before and after every cleaning.**

Use soap and water and rub the soap in for at least 20 seconds. If that is not possible, use an antibacterial hand gel with at least 60% alcohol.

### **Wear disposable gloves when cleaning.**

Discard these gloves after every cleaning. Don't forget to wash your hands immediately after taking off the gloves.

### **Make sure you have a large stock of paper towels, disinfectant wipes and other disposable cleaning products.**

If you prefer cleaning with reusable products, wash them on the hottest recommended wash cycle.

### **Clean first, then disinfect.**

Cleaning means removing dirt, bacteria and impurities with soap / detergent and water. Disinfection means that you kill bacteria with chemicals such as bleach or alcohol. The best way to prevent the spread of infections is to do both.

### **Use the correct disinfectant.**

These agents should be effective against the new coronavirus: diluted household bleaches, cleaning products containing at least 70% alcohol, and most disinfectants registered with the Environmental Protection Agency (U.S. organization that protects human health and the environment)

### **Pay extra attention to surfaces that are often touched.**

Light switches, door handles, remote controls and faucets are just a few examples of things to disinfect. The full list can be found on the next page.

### **Also think of sofas, rugs, curtains and other soft, porous surfaces.**

First carefully remove all visible dirt and then use the correct detergent for that material. Preferably wash items in the washing machine according to the manufacturer's instructions.

**Wash all linen on the hottest recommended washing program.**

These are things like duvet covers, (fitted) sheets, (bath) towels, kitchen towels and blankets. Wear gloves when doing the dirty laundry.

**Clean and disinfect laundry baskets and bags.**

See if you can use an inner bag that you can throw away or wash in the washing machine.

**Empty the vacuum cleaner after every cleaning.**

Disinfect the vacuum cleaner, just like other cleaning devices such as the dishwasher and washing machine.

**Check the expiration dates of everything you have in stock.**

Also, remember that you should never mix household bleach with ammonia or any other detergent, as it can release toxic gases.

## What to clean and disinfect

Are you going to clean your accommodation for a new guest? Then pay extra attention to surfaces that are often touched.

**General:**

- Door knobs
- Pull switches for fans and lamps
- Garbage and recycling bins
- Blow dryers
- Ironing boards and irons
- Keys
- Light switches
- Railings
- Remote controls
- Table tops
- Thermostats
- Windowsills and window handles

**Kitchen:**

- Appliances: coffee maker, oven, pressure cooker, toaster, etc.
- Cabinet handles
- Cooking utensils: oil, salt and pepper mill, commonly used spices and storage items, etc.
- Chairs with sturdy backrest
- Utensils that are not dishwasher safe: ceramic dishes, plastic utensils for children, etc.
- Know sink / sink

**Bathroom:**

- Cranes
- Shampoo, conditioner, shower gel and soap pumps.
- Shower curtain / door
- Showers and bathtubs
- Washbasins
- Toilets

**Bedroom:**

- Clothes hangers and luggage racks
- Bedside tables

**Cleaning equipment:**

- Dishwashers
- Vacuum cleaners
- Washer / dryer

**Children's stuff:**

- Highchairs
- Portable cribs and boxes
- Toys

**Other amenities:**

- Cycling
- Booking
- Board games