



House Cleaning COVID-19

Confirmed COVID-19 person at home

- Sick person stays in a specific “sick room” and away from other people in the house. Use a separate bathroom, if available.
- Limit contact with pets & animals
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people. Also clean dishes and kitchen gear separately.
- Wash dishes thoroughly after use with soap and water or put in the dishwasher.
- Spaces in the home have good airflow, such as by an air conditioner or an opened window, weather permitting.

Personal hygiene

- Cough or sneeze in your elbow or use a paper towel one time, and throw away.
- Wash your hands after coughing, sneezing, using the bathroom, before dinner and after cleaning.
- Wash your hands regularly with water and soap and dry with paper towels.
- Keep social distancing 2 m/6f from another person, so no hugging, no kissing.

Clean “high-touch” surfaces, floor and other surfaces everyday

- The sick person and cleaner are not in the same room, while cleaning the room.
- Use gloves and disposable clothes or wipes.
- Remove dust and other waste.
- First, clean with water and house detergent.
- After sanitize with Lysol or a bleach solution: 125 ml. in 5 liters of water.
- Carefully read the instructions of the product*.
- High-touch surfaces include mobile/landline phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, airco and tables.
- After cleaning, remove the gloves and clothes and wash your hands properly.
- Clean from top to bottom and from dirty to clean.
- After sick period, clean curtains and carpets.

*Do not mix chemicals and read the instructions on the label before using.



Laundry

- Use gloves when collecting laundry of a sick person.
- Wash patient's laundry separately.
- Use a normal laundry detergent according to washing machine and was on 60° and dry thoroughly or in the sun.

5. Waste

- The sick person will put his waste in a separate bin. The bag can be disposed into a regular container.
- Medical waste with a biohazard code, such as needles and blood products, should be disposed in specific containers and brought to a medical care centers such as a pharmacy.