

DOMESTIC CLEANING GUIDE TO COVID-19



This is our outline guide on best practice for cleaning businesses in light of the current COVID-19 pandemic. The fully detailed comprehensive guide is available to members of the Domestic Cleaning Business Network (DCBN) as part of their membership. We have put together both this simplified version and our full guide based on researched information from the Government, NHS, WHO and regional Health Protection Team publications.

If in any doubt as to your own skills and knowledge during this outbreak, we advise that you consult those professionally trained in biohazard cleaning for advice and/or further training. You can find out more about the benefits of DCBN membership and also further information on infection control and prevention measures on our website www.dcbn.org.uk.

Preventative Cleaning

- 1) Basic hand hygiene and regular, effective environmental cleaning will help control the infection spread.
- 2) Routine cleaning and disinfection of frequently touched objects is important – telephones, remote controls, light switches, bannisters, lamps, chair arms, keyboards, door handles, etc.
- 3) Increased cleaning frequency or time allocated will be useful to ensure effective cleaning of these frequent touch points.
- 4) Standard cleaning products can be used if antibacterial or viricidal products are not available, but best practice is to use antibacterial or viricidal or disinfectant products on frequent touch points.
- 5) Good practice is to use disposable gloves and to follow infection control and prevention techniques.

General advice for cleaning during the outbreak:

- 6) Ensure you understand basic infection control and prevention measures.
- 7) Good hand hygiene should be followed at all times.
- 8) Undertake risk assessments. Provision of cleaning can be an essential service, but as a cleaner or a cleaning business owner you must ensure you do everything you can to protect both your staff and your clients. You must assess whether you are cleaning in a household where there is no self-isolation in effect, no cases of COVID-19, or you may be cleaning where there is a suspected or confirmed case, or where someone is or has been in self-isolation.
- 9) Do you have the correct Personal Protection Equipment (PPE)? This might be goggles for eye protection, disposable aprons or coveralls or simply using disposable gloves. The correct PPE will depend on your risk assessment in point 9).
- 10) Do you know how to use the PPE and how to dispose of it/clean it afterwards?

Guidance on PPE

- 11) All single use PPE should be compliant with the relevant BS/EN standards and stored in a clean/dry area until needed.
- 12) Check expiry dates
- 13) If your clothing is not fluid resistant then we recommend a disposable plastic apron is worn over it.
- 14) Wash hands thoroughly with soap and water before donning any PPE and after taking it off.
- 15) Disposable gloves should be worn and changed following completion of the task

Properties with confirmed COVID-19 cases or someone in self-isolation

- 16) See points 6 to 15 above
- 17) Ideally the property should be empty for 72 hours or at the very least the affected person should be in a separate room from where you are working. If not then you should maintain a distance of at least 2 metres and wear a fluid resistant mask.
- 18) All surfaces should be cleaned with detergent and disinfectant.
- 19) Spray product onto cloth to minimise splashing.
- 20) Use disposable cloths or paper towels and disposable mop heads.
- 21) If possible, use a viricidal cleaner that is effective against enveloped viruses.
- 22) Carpets may need specialist cleaning so if you do not offer this service consult or bring in someone who does.
- 23) Consult manufacturer's instructions for upholstered furniture and mattresses, where steam cleaning may be suitable and effective.
- 24) Ensure any bins are emptied and the rubbish secured in disposable bags. Secure in a second bag and tie. Store separately from other rubbish for 72 hours before being put out for collection.
- 25) Dirty laundry should be washed separately on the warmest water setting that the fabric allows and dried completely. Heavily soiled items should be disposed of with the permission of the owner.
- 26) Do not shake dirty laundry.
- 27) Ensure anything used to transport laundry is cleaned with detergent and disinfectant.
- 28) Remove any uniforms or clothing as soon as you return home and wash separately according to manufacturer's instructions.

Disinfectant and cleaning products

- 29) Disinfectants, viricidal cleaners and even sterilising tablets have a proven track record of killing enveloped viruses and corona viruses but none have been proven on this strain. Many bulk and concentrated products are out of stock but we have included a recipe below based on WHO and NHS guidelines.
- 30) Mix solution daily to preserve its strength.
- 31) Leave on the surface for at least one minute.
- 32) Remember that bleach does not clean it only bleaches colour and disinfects so cleaning must be completed first before disinfecting with the solution below:

1:50 household bleach solution for intermediate to high level disinfection:

For spray bottles – 20ml household bleach to 1000ml water

For buckets – 100ml household bleach to 5000ml water

A 750ml bottle of bleach will make you 37.5 ltr bottles so no need to panic buy!

Find out more about how we are helping the domestic cleaning industry at www.dcbn.org.uk