

Aspire Cleaning Tips - Home and Places of Work 26/3/20

We've created this guide to hopefully help everyone stay safe at home, in their car and at work.

This isn't meant to be an exhaustive list of all the things you need to think about. **YOU** need to adapt this to your own lives, your own homes and the homes of the people we provide support in but we really wanted people to think through of all of the surfaces/items that you could touch. **Surfaces can carry coronavirus up to 72 hours.**

Wash hands for **20 seconds before cleaning anything** - you'll know they're then clean to handle items.

Cleaning

Fill basin with warm water and either household detergent or some bleach.

Use designated cleaning cloth to clean all surfaces touched (see ideas of these below)

Clean areas x1 per day, more if needed or desired

Areas to think about:

- front door - clean handle outside door and inside door
- the areas you touch outwith handles on doors, above and below the handles
- kitchen surfaces
- door handles
- light switches
- keys
- remotes
- phones/mobiles
- kitchen door handles
- kettle
- tables
- any equipment used by supported individuals - wheelchairs, zimmers, etc

Supported Individuals Own Homes

We are in other people's homes and are guests, but these are also your work areas so you need to work with families and supported individuals to ensure you and they are as safe as we can collectively make things.

Homeless Units

Clean all communal and office areas at least x2 per day. Light switches, door handles, microwave doors, kettles, keys, remotes, computer keyboards, phones, screens, chairs etc. Encourage supported individuals to maintain their own areas to the same level if possible and provide help where it will be received.

Your Home

We all need to take care of ourselves and our families. We'd encourage all staff to implement cleaning systems using this guidance to help make sure your space is safe and stays safe.

Your Car

Be conscious that your door handle, steering wheel, gearstick, handbrake etc can all harbor germs. Clean when you get into the car, before touching anything. Potentially leave a bottle of cleaning spray to wipe down for every time you get and use on kitchen roll to dry/clean surfaces.

Food shopping and goods delivery

This might seem over the top, but think about who could have touched the package, or coughed on the package before you. Think about **wiping down your food packages** as you arrive home and before you put in the cupboard/fridge.

TIP - Always take a few disinfectant wipes (if you have any) in a small zip lock food bag – good for trolleys, petrol/fuel, touchscreen checkouts etc.

STAY SAFE

