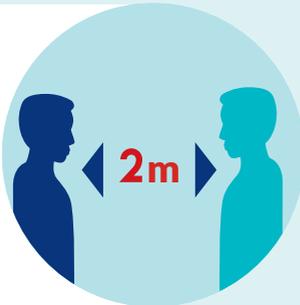


Quick Reference Guide for Cleaning Workers

Do not go to work if you have symptoms of COVID-19, which are a high temperature and/or a new, continuous cough.

Please remember to always:

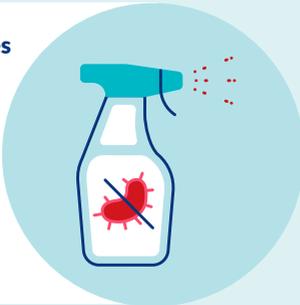
Keep a minimum distance of 2 metres where possible



Wash hands frequently (for at least 20 seconds) or use hand sanitizer with a minimum of 60% alcohol



Clean surfaces frequently including door handles, rails, hoists etc.



Avoid touching your face, nose and eyes



You only need additional PPE if you are cleaning an area where a person with COVID-19 symptoms has slept or there is visible contamination with body fluids.



ADPH London



When do you need PPE?

If you are cleaning an area where a person with COVID-19 symptoms has been.

What PPE should you use?

At a minimum:

- Plastic disposable apron
- Disposable gloves

Additionally, if there is a higher level of virus present*:

- Fluid resistant surgical mask
- Eye protection

**For instance, when cleaning areas where the symptomatic individual has slept or where there is visible contamination with bodily fluids.*

Safe use and disposal of PPE

- Follow the [guidance](#) (and [video](#)) on how to safely put on/take off PPE
- Only use aprons and gloves once for each setting to be cleaned.
- Change the mask for a new one if removed for any reason (e.g. breaks for eating or drinking), or if it becomes moist or damaged during use.
- Decontaminate re-usable eye protection after use.
- Double bag used aprons, gloves and mask to safely dispose.
- Set aside from other waste for 72 hours before disposal in general waste.
- Wash your hands after taking off PPE and handling waste.



**Guidance based on PHE advice 1 May 2020 and subject to change.
Always check for updates on the [gov.uk](#) website.**

If you have concerns about your visit or PPE please speak to your manager.