

Guidelines on cleaning

Every day

- Ensure you sanitise frequent touch points regularly such as door handles, taps, work surfaces and appliance handles, with a suitable product
- Wash-up straight away – it is a lot easier than if you let it build-up
- Leave the sink and draining board clear so it can be cleaned
- Remove all your rubbish
- Leave the toilet as you would like to find it – use the toilet brush if needed
- Rinse the shower tray and basin after use and remove any hair residue
- When you have finished in the kitchen, wipe away any spillages or debris
- Store raw meat and poultry in clean sealed containers
- Do not put oil and food down the sinks as this will cause blockages. Pour hot fat into a suitable container, wait for it to harden and then put it in the food waste caddy
- Strain off the liquid from rice before putting it in the food waste caddy and not down the sink
- Open windows, vents and curtains every day to ventilate your room.

At least once a week

- Vacuum and wipe down all surfaces
- Wipe down your bathroom and remove any hair residue
- Apply toilet cleaner to the toilet bowl, then scrub using a toilet brush
- Throw away out of date food.

Regularly

- Change and wash your bed linen
- Wash your clothes
- Clean the inside of your fridge
- Clean your space in the kitchen cupboard.

