



Cleaning Guide, Summer/Fall 2020

Curated using CDC and MA State recommendations

How we clean and disinfect

Ventilate rooms by opening windows and allowing air to circulate during the entire cleaning process.

Wear masks and gloves while cleaning and disinfecting.



Wash hands using soap and water, and scrub for at least 20 seconds before and after cleaning.

Clean surfaces using soap or detergent and water to remove dirt and other impurities while paying special attention to high touch surfaces. Then, disinfect using chemicals like bleach or alcohol to kill germs.

High touch surfaces include: Tables, doorknobs, light switches, countertops, handles, desks, toilets, faucets, sinks, etc.



Soft surfaces like carpeted floors, sofas, rugs, and drapes are cleaned by removing visible dirt, then using appropriate cleaners for the material or machine wash if possible.



Use approved disinfectants that are registered for household use by the Environmental Protection Agency (EPA). Ensure safe and effective use by following the instructions on the label. Occasionally dilute household bleach solutions based on CDC mixing instructions. Never use expired products.



Leave solution on the surface for at least 1 minute. Bleach solutions will be effective for up to 24 hours.

Laundry for clothing, towels, linens and other items: **Wear gloves** when handling dirty laundry. Use the **warmest appropriate water setting** and dry items completely. **Never shake dirty laundry**. Clean and disinfect clothes hampers using guidance for surfaces.



Linens include: Bed sheets, mattress covers, hand and bath towels, kitchen towels and blankets.



Clean Vacuum after by disinfecting the vacuum cleaner surfaces after every use.



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Check List includes but is not limited to:

General:

- Doorframes and knobs
- Fans and lamp chains
- Garbage and recycling bins
- Hairdryers
- Ironing boards and irons
- Keys
- Light switches
- Railings
- Remote controls
- Tabletops
- Thermostats
- Windowsills and window

Bedrooms:

- Hangers and luggage racks
- Nightstands
- Items included in “General:

Laundry Room and Cleaning Appliances:

- Brooms, mops and other frequently touched items
- Vacuum cleaners
- Washer and Dryer
- Items included in “General”

Kitchen:

- Appliances: coffee maker, dishwasher, oven, toaster, etc
- Cabinet handles and pulls
- Condiments: oil, salt/pepper shakers, spices and containers
- Hard-backed chairs
- Kitchenware that is not dishwasher safe: ceramic bowls, kids’ plasticware, etc
- Sinks

Children’s items

- Highchairs
- Portable cribs
- Toys

Other amenities

- Beach equipment
- Board games
- Books, DVDs, etc
- Grill/BBQ and utensils

Bathrooms:

- Faucet handles
- Shower curtains and doors
- Showers and tubs
- Sinks
- Toilets
- Items included in “General”