



# CLASS OF CLEAN

The College Student's Guide to Cleaning

## Cleaning with a Sick Roommate

When you live in close quarters, germs can spread quickly. If you or your roommate feel ill, follow the steps below to keep germs from spreading.

### CLEANING FOR ILLNESS PREVENTION

- ☐ Disinfect daily, especially items the sick person has touched.
- ☐ Once your roommate feels better, wash or disinfect all the devices and surfaces touched while sick.
- ☐ Make sure you and anyone sick washes their hands more frequently, following proper handwashing practices.
- ☐ Have hand sanitizer readily available for when washing with soap and water isn't convenient or practical (e.g., carry it with you as you move about campus and use it before eating).
- ☐ Avoid sharing laptops, phones, pens/pencils, drinks, etc.

### What's the Difference?



#### Cleaning:

Removing unwanted contaminants, such as soil, dirt and grease, from a surface, material, or your hands, using soap and water or a proper surface cleaner.



#### Sanitizing:

Reducing (but not necessarily eliminating) the number of bacteria on the surface to levels considered safe as determined by public health codes or regulations.



#### Disinfecting:

Irreversibly inactivating pathogens (microorganisms that may cause infections and disease) including bacteria, viruses and fungi.



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SCAN ME

# Cleaning with a Sick Roommate

(continued)

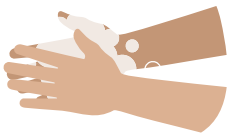
## REMEMBER TO...



### DISINFECT SURFACES OFTEN

Especially frequently-touched surfaces like:

- ☐ Doorknobs
- ☐ Keyboards
- ☐ Light switches
- ☐ Phones, tablets, etc.
- ☐ Faucets
- ☐ Desks



### CLEAN HANDS FREQUENTLY

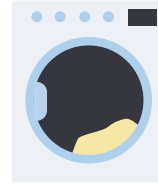
Especially at key infection risk moments (e.g., before eating, after bathroom use, after contacting surfaces frequently touched by others).

- ✓ Use soap and water
- ✓ Scrub front and back of hands and between fingers
- ✓ Wash hands for 20 seconds
- ✓ Thoroughly dry hands with paper towel or a clean cloth towel



### USE HAND SANITIZER

- ✓ Apply hand sanitizer to the palm of one hand
- ✓ Apply enough hand sanitizer to cover hands completely and keep hands wet for a minimum of 15-20 seconds (wet time on hands is the primary determinant of total germ reduction)
- ✓ Rub hands together, covering all hand surfaces (pay special attention to cover thumbs and fingertips)
- ✓ Continue rubbing until hands are dry



### SANITIZE YOUR LAUNDRY

- ✓ Did you know there are different ways to do laundry based on the current health of you and those in your dorm?



**Low Level:** When everyone in your space is healthy!

*Perform your normal routine using your normal detergent and temperatures.*



**Medium Level:** When someone is sick with illnesses like a cold or flu.

*Take extra steps! Follow CDC guidance, and do laundry with a deeper cleaning detergent, and wash & dry clothes on warm with other items. Optionally, you can add an EPA registered laundry sanitizer or bleach. Remember to wash hands and disinfect surfaces afterwards.*



**High Level:** When someone has an infection that's causing vomiting or diarrhea or has a weakened immune system.

*Level up and take enhanced precautions! Do your laundry with a deeper cleaning detergent and use an EPA registered laundry sanitizer or bleach. Wash & dry on hot. Remember to wash items from ill persons separately from any other items. Wear gloves and don't shake clothes. Don't forget to wash hands and disinfect surfaces afterwards.*

## SAFETY 101

- ⊘ Don't mix cleaning products.
- ✓ Keep cleaning products in their original containers with labels intact.
- ✓ Read and follow label directions when cleaning and disinfecting.
- ✓ Open doors and windows to ensure adequate ventilation.