

# Infection prevention & healthcare facilities

## Clean your home



# ACIPC

Australasian College  
for Infection Prevention and Control

Keeping your house clean and reducing the dust and dirt reduces the risk of your loved ones getting sick in the home.



### General cleaning:

- » Focus on the most used areas of your home such as the family room, lounge room, kitchen and bathrooms.
- » Use a bleach solution to clean bathroom floors, countertops, toilets, sinks, and other surfaces. Chlorine bleach is effective in killing stomach viruses such as norovirus.
- » Go with gravity: Clean from top to bottom. Vacuum drapes and window treatments. Clean window sills and window wells. Then vacuum around the edges including the corners.
- » Don't forget to clean high touch areas such as remote controls, light switches, computers including keyboards, etc. Germs can live on surfaces carrying them to the next user.
- » Vacuum upholstered furniture, or have professionally cleaned if needed. Move furniture and vacuum beneath and behind it. Remember the lamps, fan blades, and light fittings that can collect dust.
- » Wash interior windows.
- » Deep clean carpeting and hardwood floors or schedule professional carpet cleaning.



### Bedrooms:

- » Turn mattresses front-to-back and end-to-end to equalize wear. Remember to vacuum the mattress and the base (if you have one).
- » Wash or dry clean the bedding: mattress protectors, pillows, quilts, blankets, comforters.

### Kitchen:

- » Clean and organize your kitchen cabinets, paying particular attention to pantry supplies, pans, and equipment.
- » Pull the refrigerator away from the wall, and vacuum the condenser coils. For bottom-mounted coils, use a long, narrow brush to clean coils of dust and debris.
- » Empty the water container and wipe over with a bleach based solution.

### Laundry:

- » Check dryer exhaust tube and vent for built-up lint, debris or birds' nests!
- » Remember to release the hot water pressure valves to as per the manufactures instructions.

More information...

Lifestyle - Home cleaning

Organised Home

Speed Cleaning Your Home