

## **Simple Overview to Cleaning Regimes against Covid-19 and other virus's i.e. flu, colds**

(non-medical settings)

The most important thing to know about corona virus and other virus's such as the flu and colds; is that when on surfaces they can be easily cleaned and killed with common household disinfectants.

For Covid-19 studies have shown that the virus can survive for;

- up to 72 hours on plastic and stainless steel
- less than 4 hours on copper; and
- less than 24 hours on cardboard

So cleaning surfaces regularly with soap kills them. This is why we wash our hands with soap more regularly throughout the day and this also is the same for cleaning our workplaces.

### **What areas should be prioritized for cleaning?**

**High-touch surfaces** should be identified for priority cleaning throughout the work day; these areas include;

- door and window handles
- kitchen and food preparation areas
- counter tops,
- bathroom surfaces, toilets and taps
- touchscreen personal devices
- personal computer keyboards
- work surfaces

### **How to clean your workplace to remove and kill Virus's?**

Surfaces must be cleaned with **water and soap or detergent following the manufacturers dilution rates**. Cleaning should always start from the least soiled (cleanest) area to the most soiled (dirtiest) area in order to not spread the dirty to areas that are less soiled.

Allow the surface to fully dry before working re-starts

If you want to also use a **disinfectant**, this can only be used affectively after surfaces have been cleaned with soap or detergent, again by **following the manufacturers dilution rates**. **Disinfectants** should be applied **via a cloth or wipe** that is soaked in the disinfectant.

Allow the surface to fully dry before working re-starts

All dirty cleaning material(s) will have to be stored in a double sealed bag for 72 hours before disposal or washing, ensure the date of bagging is clearly visible.

(all information stated can be viewed on [www.who.int](http://www.who.int))

**Lupus Consilium Ltd**  
Health and Safety Risk Management Consultant

[www.lupusconsilium.co.uk](http://www.lupusconsilium.co.uk)  
[office@lupusconsilium.co.uk](mailto:office@lupusconsilium.co.uk)  
01223 789 630