



Daily Guidelines for cleaners:

1. Wear provided disposable gloves and mask – these are not protective but peace of mind supplies
2. Always wash your hands after disposable gloves and removed (do not reuse the disposable gloves once removed)
3. Wear mask daily. Disposable mask not to be reused.
4. Reusable cloth masks must be washed with laundry detergent and dried for next day use (cannot be used when wet)
5. Complete SOW only (any schedule change or task change requests must be forwarded to AM – do not complete)
6. Try to use social distancing practices as best as possible: (below)

Keep your hands clean

- [Wash your hands](#) often with soap and water for at least 20 seconds
- If soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth
- Cough or sneeze into the bend of your arm
- Avoid touching surfaces people touch often
- Instead of a handshake, give a friendly wave or elbow bump

Keep your environment clean

- Use appropriate [products to clean and disinfect](#)

Keep your distance

- Keep a distance of 2 meters between you, your coworkers, and customers.
- Limit any contacts closer than 2 meters to the shortest time possible.

END OF SHIFT

7. End of shift: wash hands before leaving location
8. When you get home: remove all clothes and wash with laundry detergent after every shift
9. Immediately take a shower with soap and water