

HOME HYGIENE CHECKLIST PDF

DIAL 000 IN AN EMERGENCY

Disinfection

- Disinfect high-touch surfaces (e.g, doorknobs, light switches, countertops)
- Use household disinfectant or bleach solution (1:10 ratio)
- Clean and disinfect frequently (at least daily)
- Sanitize delivery packages before bringing them inside
- Keep cleaning and disinfecting products on hand

Hand Hygiene

- Wash hands thoroughly with soap and water for at least 20 seconds
- Use an alcohol-based hand sanitizer if soap and water are not available
- Avoid touching face, especially eyes, nose, and mouth

Protective Gear

- Wear disposable gloves when disinfecting
- Use face masks if required or if you have symptoms
- Change gloves and masks regularly
- Keep personal protective equipment (PPE) easily accessible

Waste Management

- Dispose of tissues, masks, and gloves in a lined, closed bin
- Double-bag and securely tie off waste if contamination is suspected
- Wash hands immediately after handling waste
- Regularly take out the trash and sanitize the bin