



General cleaning

Eliminate the microbes by routinely cleaning and disinfecting surfaces from frequently touched surfaces and objects at the workplace such as workstations, keyboards, telephones, handrails, refrigerator handles, door knobs, taps and other settings where people regularly gather.

Clean all frequently touched surfaces and floors with bleach. Bleach can be used as a disinfectant for cleaning and disinfection (dilute 1 part bleach in 50 parts water, or 1000 ppm). Bleach solutions should be prepared fresh. Leaving the bleach solution for a contact time of at least 10 minutes is recommended. Use a 60% or 70% alcohol-based product for objects and surfaces where the use of bleach is not suitable (i.e. metal).



Guide to proper hand washing



Wet hands with water and apply enough soap to cover all hand surfaces



Rub hands palm to palm



Right palm over left dorsum and vice versa



Palm to palm with fingers interlaced



Rotational rubbing of left thumb clasped in right palm and vice versa



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



Rub wrist with clasped right hand in left hand and vice versa



Rinse hands with water and dry hands thoroughly with single use towel