



In The Bathroom...



- Liquid soap dispenser is full.
- Towels and washcloths changed.
- Toothbrushes put away in clean, closed, and dry place.
- Mop the floor once a week with a standard floor cleaner.

- Clean the tub, shower, and sink with standard household cleaning product
- Clean the toilet the toilet with a standard household cleaning product.
- Wear utility gloves when cleaning. Remove gloves and wash your hands after cleaning.**

Reminder: **Do not** share personal items such as:



- Razors
- Toothbrushes
- Enema Equipment

- Water Glasses
- Combs and Hairbrushes
- Towels and Washcloths





In The Kitchen...



- ❑ Leftovers refrigerated right away.
- ❑ Old, spoiled, uncovered food thrown away.
- ❑ Inside of fridge cleaned/wiped out with a standard household cleaner

- Never eat raw fish, eggs, or meat
- Use an accurate thermometer.
 - 160°F for ground beef & pork
 - 145°F for fish, steaks, & roasts
 - 165°F for poultry (chicken, turkey)

Reminders:

- Wash fruits and vegetables under running water
- Use separate cutting boards, plates, and utensils for raw and cooked foods
- Wash dishes and utensils in hot, soapy water, or use a dishwasher.
- Keep work surfaces clean.
- Use a clean spoon each time you sample food during preparation
- Don't share forks, spoons, or cups during meals
- Don't pour used mop water down the sink—pour it down the toilet instead.



In The Laundry...



If laundry IS visibly soiled:

- Put on gloves!
- Dispose of body substances.
- Don't shake soiled linens.
- Presoak fabric.
- Wash separately.

If laundry is NOT visibly soiled:

- Wash normally.
- Can be washed with the rest of the household's.

Reminders:

- Place contaminated wastes in a plastic bag and close tightly:
 - Wound dressings
 - Sanitary or incontinence pads
 - Diapers
 - Used gloves



- Shaking linens can send germs into the air
- Flush liquid and semi-liquid substances down the toilet.



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Contaminated Wastes...



Before you begin, put on disposable gloves!

- Place "sharps" into a puncture resistant container (an empty bleach bottle or laundry soap bottle will work).
 - Needles
 - Razor blades
 - Broken glass
 - Never recap a needle!**



- Learn local rules for waste disposal.
 - Contact your local health or sanitation department.



- Place other contaminated wastes in a plastic bag, and close tightly.
 - Dressings
 - Sanitary or incontinence pads
 - Diapers
 - Gloves used in patient care



- Flush liquid and semi-liquid substances down the toilet.

- Blood
- Urine
- Vomit
- Feces
- Used facial tissues

