



DAILY CLEANING OPTIONS

1. Set a daily goal of how many tasks you want to complete
2. Try to complete as many tasks as you can each day

TASK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Replace cleaning towels, make sure to put dirty ones in laundry							
Clean all countertops, sinks, cabinet and appliance handles with disinfectants							
Clean all surfaces touched: light switches, remote, chairs, etc. with disinfectant							
Clean toilets with disposable wipes							
Clean all doorknobs with disinfectants							
Wash phone, computer, and other technology with disinfectant							



WEEKLY CLEANING OPTIONS

1. Set a weekly goal of how many tasks you want to complete
2. Try to complete as many tasks as you can each week

TASKS	Week 1	Week 2	Week 3	Week 4	Week 5
Clean kitchen sink with disinfectant, put strainer in the dishwasher (2x each week)					
Wash toothbrush holder and handle with disinfectant (or run through the dishwasher)					
Clean bathtub and shower with disinfectant					
Wash and change bedding					
Mop hard floors					
Vacuum carpet					
Empty the trash can and clean with disinfectant (2x each week)					
Wash and fold the laundry					

LEAVING AND ENTERING THE HOUSE CHECKLIST

LEAVING HOME

Do I have gloves and facemask? OR am I avoiding touching my face, mouth, and nose?

COMING HOME

Take gloves and mask off outside

Take shoes off outside

Wash hands for at least 20 seconds

Change clothes as soon as possible and as close to your home entrance as possible

Wash any doorknobs or surfaces touched with disinfectant

Wash any objects brought into the house with disinfectant

You may cut the stars and glue them to the chart or you may fill in each box when tasks are completed

									
									
									
									
									
									
									
									



COVID-19 CLEANING SUPPLY LIST

Antibacterial hand soap



Bleach



Disinfectant wipes



Washcloths



Disinfectant spray



Gloves/Facemask



Tips to Remember...

1. Wash hands often, for at least 20 seconds each time
2. Cough or sneeze into your elbow
3. Keep hands away from your face, eyes, and nose
4. Keep a safe distance of at least 6 feet from other people
5. Stay at home
6. Clean often

