



# 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	CLEAN	WITH	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Use clean towels everyday									
Clean countertops, sinks, cabinet and appliance handles									
Clean all surfaces touched: light switches, remote, chairs, etc. with disinfectant									
Clean toilets									
Clean all doorknobs									
Clean phone, computer, and other technology									



# WEEKLY CLEANING OPTIONS

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

TASK	CLEAN	WITH	Week 1	Week 2	Week 3	Week 4	Week 5
Clean kitchen sink (2x each week)							
Clean toothbrush holder and handle							
Clean bathtub and shower							
Change bedding							
Mop or vacuum floors							
Empty and clean trashcan (2x each week)							

# 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 complete

									
									
									
									
									
									
									
									



## 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

