

COVID - 19



**Time to clean**

5 April 2020

**This fact sheet will tell you**

* why we need to wipe every where
* ideas for places to wipe.



What is COVID - 19?

Read the fact sheet **What is COVID - 19?**

How can I look after my self?

Read the fact sheet **Look after your self**

Why are there lots of new rules?

Read the fact sheet

**Why are there lots of new rules?**

**Time to clean**

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It can be easy to get COVID - 19.

It is in tiny tiny drops of stuff from our

* nose
* mouth.

We may also get it on our hands when we

* sneeze
* cough
* touch our face.

**Then**



We touch an object.

Read the fact sheet

* **Look after your self**
* **Why are there lots of new rules.**

COVID - 19 can stay on that object.

Some times it can stay for

* a short time. Like 2 hours

**or**

* a long time. Like 3 days.

****They do **not** know how long COID – 19

stays on objects.

They want us to clean things we touch.

**And**

Clean things that other people touch.

They say use

* cleaning detergent

**and**

* warm water.



At home you need to clean

* doors
* drawers
* windows
* light switches

**and**

Many things in your

* kitchen
* bathroom
* toilet
* bedroom
* living room.



**Doors**

Clean the door handles.

**But**

many people touch other parts of the door.

Like

* above the door handle
* below the door handle.

You need to clean all these places too.

**Drawers**

Clean the drawer handle.

Look where people

* pull the drawer

**or**

* push the drawer.

They may put their hand under the drawer.

Their fingers are on the front of the drawer,

**or**

They may put their hand into the top of the drawer. It pulls the drawer out.

All these places need to be cleaned.

**Windows**

Clean where you open the window. Like

You put your hands

* on the glass

**or**

* at the bottom of the window frame

**or**

* the top of the window.

You may have a window winder.

You may have an edge to pull.



Clean where you open the window.

**Switches.** Like

* + - * heater switch
			* light switch.



**Chairs.** Like kitchen chairs

Clean the

* back of the chair. You may put your hand here to pull a chair out.
* sides of the chair. You may put your hands here when you pull a chair in.

**Tables and Benches**

Wipe the top.

Clean the side edges.

Clean under the edge.

People may put their fingers here too.

**Kitchen**

Look at all the things different people use.

Many things may stay out on your benches. Like

* kettle
* on switch
* handle
* coffee jars. Tea jars. sugar bowl
* toaster
* on button
* push down to cook button
* stop button
* microwave
* all the settings
* on button
* door opener.
* oven
* all the switches
* door opener.
* fridge. Where people open and close it
* freezer. Where people open and close it



* coffee machine
* rice cooker
* kitchen benches
* cupboards
* drawers.

**Bathroom**

Taps in

* + - * shower
			* basin

Shower where you open the door

Towel rails.

**Toilet**

Flush button

Seat

Toilet Lid

Basin taps.

Toilet paper holder.

**Other things**

Handrails on stairs.



Garage door handle or automatic opener.



Gate handles.

Write down other places you need to clean.

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**Other things to clean**

Ipad.

TV remote controls.

Xbox remotes.



Plastic pieces to games.

Wipe down the board of the game.



Children toys. Like

* dolls
* lego and blocks
* plastic toys.

Make it a game with your children.

Fill a dish with warm water and soap.

Help them to wash their toys.

**Some more things to clean**

Keyboard on your computer.

Buttons on your printer.

Computer mouse.



Each person has their own pens.



Handbag.

School bag.

Wallet.

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Phone cover.

Phone.

Write down other things you share.

You need to clean them.

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**More information**



COVID - 19 information. Call 1800 020 080.

You can call at

* any time
* any day.

Translations

Call 131 450

**Images**

****We have used images from

* Freepikpsd
* Inspired Services

* Mayer-Johnson
* Picto-Selector
* TheNounProject.

This fact sheet is based on the Australian Government Health Department

**What you need to know**. 17 March 2020.

Access Easy English wrote the Easy English.

5 April 2020.