



## Time to clean

Originally published 4 April 2020

### This fact sheet will tell you

- why we need to wipe everywhere;
- ideas for places to wipe.

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

How can I look after myself? Read the fact sheet **Look after yourself**

Why are there lots of new rules? Read the fact sheet **Why are there lots of new rules?**

## Time to clean

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 yourself**

## Why are there lots of new rules.

COVID-19 can stay on that object. Sometimes it can stay for

- A short time. Like 2 hours;
- **or**
- A long time. Like 3 days.

They do **not** know how long COVID–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.  
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

This fact sheet is based on the Australian Government Health Department  
What you need to know. 17 March 2020.