

Staying Safe From Coronavirus:

Tips for Housecleaners

(and anyone who does house cleaning as part of your work)

NATIONAL
DOMESTIC
WORKERS
ALLIANCE



The coronavirus can survive for multiple days on some surfaces. There are important things that housecleaners can do to stop the spread of the virus. These include:

1. Ask that your employer inform you if anyone in the home has any flu-like symptoms or may have been exposed to someone who has, and wait to reschedule cleanings until after a doctor has cleared that person for contact with others.

2. Perform routine cleaning on all frequently touched surfaces. Then, to disinfect these surfaces, consult this list of disinfectant products that can destroy coronavirus: [epa.gov/listn](https://www.epa.gov/listn). (Bleach-based products can cause or exacerbate asthma, so if possible, look for products that use hydrogen peroxide instead.)



3. Ask your employer to provide non-latex disposable gloves, such as nitrile gloves, for your use.



4. Use good handwashing techniques while cleaning and before leaving your job.



5. Ensure that there is adequate ventilation when you use any surface cleaners, by opening windows or doors. Never mix cleaning products together or use one product on top of another on the same surface.



6. Avoid spraying cleaning chemicals into the air or spraying to surfaces. It is preferable to spray into a wash cloth/wipe and then wipe the intended surface.



7. Avoid carrying cleaning supplies between homes in order to prevent the transfer of germs from one home to the next, and change your clothes upon return home from work.



Ask your clients to sign up for Alia-NDWA's portable benefits platform that allows multiple clients to contribute to a paid time off fund for housecleaners—so that you can have paid time off in case you get sick or if your cleaning schedule is interrupted by a client's illness.