Some top tips for cleaning!

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| 1. Work from clean to dirty  | Start cleaning in the cleanest area and finish in the dirtier areas e.g. when cleaning the bathroom, leave the toilet until last. This helps to prevent cross infection as it stops contamination of clean areas from dirty areas.  |
| 2. Work from high to low  | This helps to prevent cross contamination as above.  |
| 3. Leave all surfaces clean and dry  | It is important to leave cleaned surfaces as dry as possible. This prevents mould and bacterial growth, and helps prevents accidents.  |
| 4. Change cleaning solutions and cloths often  | One of the main causes of contamination is the use of one cloth and basin for all cleaning. Change your cleaning solution/cloth once it looks dirty so that you are removing dust and dirt and are not just moving it from one area to another.  |
| 5. Wash your hands often  | Dirty hands and dirty gloves soil clean surfaces. Wash your reusable household gloves and wash your hands.  |

[HSE Infection Control & Prevention](https://www.hse.ie/eng/about/who/healthwellbeing/infectcont/sth/gl/ipcc-guidelines-section-4.pdf)