The ABC's *of* Housekeeping evolved from an Infection Prevention program developed for, and adopted by, leading acute care hospitals. The ABC's mitigates the risk of cross contamination in the Guest Room as well as eliminates ROOM-TO-ROOM cross contamination to ensure the safest possible Guest environment. In-service validation of the ABC's processes, when combined with PerfectCLEAN® TRUE COLOR-CODED high-performance products, capable of removing everything that can be physically removed from a surface, and a ONE*per*ROOM℠ methodology, results in higher guest satisfaction scores. The ABC's are based upon the scientific method, that is, peer-reviewed scientific publications and in-service validation across numerous industries and all hotel brands. The ABC's result in higher productivity, simplifies training, reduces slip & fall risk, eliminates waste, achieves a significant return on investment (ROI) and achieves a much better result. *References are provided and many more are available upon request.*

Cleanliness Inspires Loyalty℠

Recommendations for Housekeeping & Guest Room Hygiene post COVID-19:

- Implement a Color-Coded, ONE*per*ROOM process to ensure the highest level of Guest Room hygiene and prevent cross contamination.
- The Housekeeping Manager/Director should employ the use of a touchless digital thermometer to check the temperature of Room Attendants prior to shift.
- Room Attendants should complete Environmental Hygiene Specialist training and display EHS pin on uniform signifying completion of training. ①

- Room Attendants should don a 3-ply medical type pleated mask prior to entering the Guest Room.
- Each housekeeping cart should be equipped with hand sanitizer / skin conditioner to be used by the room attendant after removing gloves
- Room Attendants should wear disposable (color-coded) nitrile gloves changed out for each room.
- Users of any of the new healthcare type disinfection devices such as electrostatic sprayers, foggers and ultraviolet light (UVC) systems should be aware that these devices require that: All surfaces must be thoroughly cleaned of soil and organic matter prior to disinfection. ***NOTE:*** *These devices do not clean surfaces.*

- The PCIPAD® offers corner-to-corner mattress protection and is easily removed and laundered offering every Guest a “like new” sleep experience. Results in a significant return on investment (*references available upon request*).
- Consider removing all non-essential amenities such as guest directory; pen; mini-bar items, etc.. Make “available upon request.”
- Consider providing “self-sanitizing stations” (secure housing for hand sanitizer and disposable disinfecting wipes) at primary entrances, high-traffic public areas; elevators and Guest Rooms.
- Evaluate chemicals used to ensure that Room Attendants health is not at risk. ②
- Consider laundering fabric shower curtains more often. Likely to be a source of curtain-to-hand contamination③
- Housekeeping staff member assigned each day to frequently disinfect all people touch points in all public areas including:④
    - Door push bars & rails - door handles
    - Elevator call buttons / elevator floor call button panel
    - Elevator interior railings
    - Check-in and concierge counter tops
    - All handrails throughout public areas
    - Escalator handrails (if applicable)
    - Focus on Fitness Centers & Concierge Lounge: cleaning & disinfecting multiple times daily
    - Lobby bar area – stools, chair back rails, bar top, handles on condiment trays, salt & pepper shakers, ketchup bottle (ensure that these items are wiped down and not sprayed with disinfectant), etc., lounge area, etc..

The laminated CDC “KEEP CALM and WASH YOUR HANDS” is also available in Spanish and is provided upon request at no charge for posting.

I will survive: but for how long?

Studies looking at how long coronaviruses can last outside of their hosts

To understand the virus that causes COVID-19 researchers* looked at **previous studies** on coronaviruses to see how long they last on **different surfaces outside the body of a living host**

*Scientists from the Greifswald University Hospital and Ruhr-Universität Bochum, both in Germany

Generally, coronaviruses tested lasted **1 - 9 days** on inanimate surfaces such as metal, rubber or plastic

The good news is that **they can mostly be inactivated within about a minute** with agents containing

- Hyrogen peroxide
- Ethanol

or

- Sodium hypochlorite *(found in bleach)*

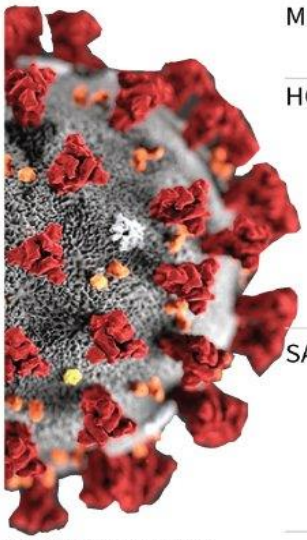


Image of SARS-CoV-2, which causes COVID-19 released by Centers for Disease Control and Prevention

Test results *selected*

Virus	Material	Temp	time	Up to
MERS[1]	Steel	20°C		2 days
		30°C		1 day
HCov[2]	Steel	21°C		5 days
	Aluminium			8 hrs
	Plastic			6 days
	Silicon rubber			5 days
	Surgical glove (latex)			8 hrs
SARS[3]	Metal	RT*		5 days
	Wood			4 days
	Paper			5 days
	Plastic			4 days

1 Middle East Respiratory Syndrome
2 Human coronavirus (other than the COVID-19 virus)
3 Severe Acute Respiratory Syndrome (Strain P9)
*Room temperature, usually about 20-22°C

Source: Journalofhospitalinfection.com/medicalnewstoday.com

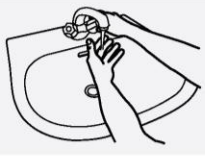
© AFP

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

0

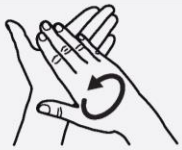


Wet hands with water;

1

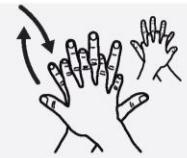
Apply enough soap to cover all hand surfaces;

2



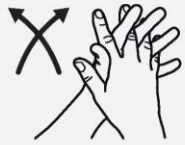
Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4

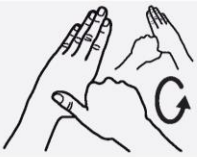


Palm to palm with fingers interlaced;

5

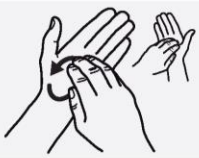
Backs of fingers to opposing palms with fingers interlocked;

6



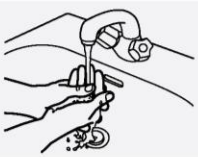
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8

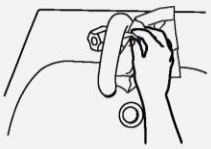


Rinse hands with water;

9

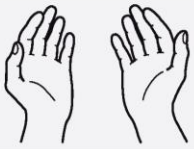
Dry hands thoroughly with a single use towel;

10



Use towel to turn off faucet;

11



Your hands are now safe.

World Health Organization | Patient Safety — A World Alliance for Safer Health Care | SAVE LIVES Clean Your Hands

① https://www.perfectclean.com/newsroom/improved-environmental-hygiene-lowers-infections-and-raises-hcahps-scores

② Cleaning Chemicals Reduces Lung Function: https://www.ncbi.nlm.nih.gov/pubmed/29451393

③ https://ihpi.umich.edu/news/fight-against-superbugs-hospitals-has-new-battlefield-patients-hands-and high-touch-objects

④ Frequent Cleaning of Environmental Surfaces reduces Infection: https://www.ncbi.nlm.nih.gov/pubmed/19505316

Many infectious agents can be spread via environmental surfaces: https://www.ncbi.nlm.nih.gov/books/NBK310829/

- Infectious Diseases SER Background Document OSHA: Https://www.osha.gov/dsg/id/OSHA-2010-0003-0239.pdf
- Research suggests that toilet plume could play a contributory role in the transmission of infectious diseases. Aerosols desiccate to become droplet nuclei and remain adrift in the air currents.
- A systematic risk-based strategy to select personal protective equipment for infectious diseases. Rachael M. Jones, PhD, Correspondence information for the CDC Prevention Epicenters Program