



Hygiene

Good personal hygiene will protect your health.

Clean Hands



✦ #1 WAY TO STAY HEALTHY ✦

Wash hands with soap and warm water for 20 seconds...



Before you prepare, touch, or eat food



Before leaving a restroom and after changing diapers



Before and after you clean or bandage a wound



After you touch animals, or their food or waste



After you blow your nose, cough or sneeze in your hand, or help someone who is sick



When you enter a common area or shelter (you can also use hand sanitizer)

Good Personal Hygiene



Protect your feet – avoid walking around barefoot and sanitize shower before use



Keep your towel, hairbrush, soap, razors, etc. separate from other people's stuff (don't share)





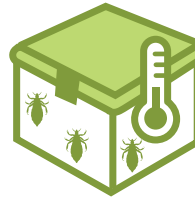
Hygiene

Good personal hygiene will protect your health.

Laundry



Ask for clean bedding when you arrive at a shelter



Use a heat treatment box to treat belongings that could carry bed bugs, scabies, or lice

✦ CLEAN BELONGINGS = BETTER HEALTH ✦

For best results, **wash laundry in the detergent's recommended water temperature**



Dry laundry on high heat

Do not overload machine – fill to $\frac{3}{4}$ or less



If laundry has vomit, blood, or poop on it, wash separately. Use detergent, hot water, and 1/2 cup bleach. Remove solid waste before washing and wear gloves, an apron, a mask, and eye protection.



Disinfect sleeping mats daily and wash bedding weekly or when dirty



Do not place unwashed laundry in the dryer

If washing someone else's laundry, do not shake it out and wear gloves and an apron





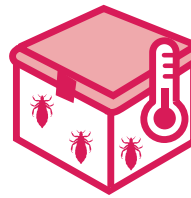
Lice, Scabies & Bed Bugs

No one wants to be itchy. Prevent the spread!

Stop the Spread



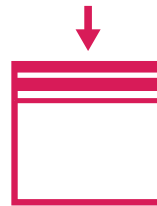
Tell staff if you are itchy or have other symptoms so you can get treated



Use a heat treatment box to treat belongings that could carry bed bugs, scabies, or lice



Machine wash infested items separately and dry at 130°F for at least 30 minutes



Place items that cannot be heat-treated or washed and dried at 130°F in a sealed plastic bag for two weeks to control lice and scabies



Clean and disinfect sleeping mats and wash bedding between clients



Throw out bed bug infested items that cannot be treated



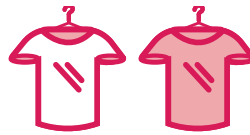
Lice, Scabies & Bed Bugs

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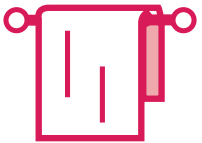
Protect Yourself



Wash clothes and bedding weekly to prevent body lice



Store your belongings so they don't touch other people's stuff



Keep your towel separate from other people's towels



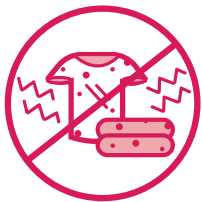
Avoid sharing clothing, beds, bedding, towels, brushes, or combs



Avoid skin-to-skin contact with someone who is itchy



Wear protective gloves and an apron or smock if washing someone else's laundry



Do not shake out belongings that could be infested





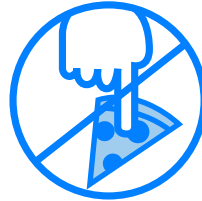
Food Safety

Germs and bad food can make you sick. Protect your health.

Healthy Hands



Wash hands for 20 seconds before touching food - use soap, warm water, and paper towels to dry



Don't touch food with your bare hands, unless it's yours



Wear gloves when preparing foods and bandage any wounds - do not reuse gloves



Don't prepare food if you're sick, e.g. the flu, diarrhea, vomiting, jaundice (yellow skin or eyes)

Clean Kitchen



Sanitize food prep and serving surfaces before and after use



Wash, rinse, sanitize, and air dry dishes shortly after use



Sanitizing solution = 1/4 tsp bleach + 4 cups water



Store food and garbage in rodent-proof containers





Food Safety

Germs and bad food can make you sick. Protect your health.

Safe Food



Rinse fruits and vegetables before preparing or eating



Write the date on prepared food and eat or throw it out within one week



AVOID THE FOOD DANGER ZONE: 41-135°F



These foods can make you sick if they are left out for more than 4 hours



Shelf-stable foods are safe at any temperature



Custard Pies



Cooked Grains



Cooked Vegetables



Sprouts & Cut Leafy Greens



Cut Melon & Tomatoes



Dairy & Cheese



Raw Fish



Raw Eggs



Raw Meat



Bread



Peanut Butter



Fruit



Raw Vegetables



Unopened Cans



Oil



Cookies & Baked Goods



Dry Goods





Sanitize & Disinfect

Germ on surfaces can make you sick. Protect your health.

Steps to Sanitize or Disinfect



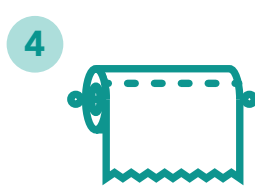
1 **Protect yourself** - always wear gloves (and a mask and apron if disinfecting)



2 **Clean surfaces to remove dirt** before disinfecting or sanitizing (for disinfecting wipes, use separate sheets for steps 2 and 3)



3 **Spray and leave sanitizer/disinfectant** on the surface for the label's recommended amount of time



4 **Dry surface with a clean paper towel** or let the surface air dry

Daily Sanitizing & Disinfection



Sanitize frequently touched surfaces 1-3 times daily (doorknobs, railings, light switches, remotes, etc.)

How to mix your disinfectant or sanitizer solution:



Disinfectant

8.25% bleach

2 tablespoons bleach +
1 gallon water

1 +1/2 teaspoons bleach +
4 cups water



Disinfect sleeping areas weekly, when dirty, and between clients



Clean and disinfect bathrooms and kitchens 1-3 times daily and sanitize showers between uses



Sanitizer

1/4 tsp bleach +
4 cups water





Sanitize & Disinfect

Germ on surfaces can make you sick. Protect your health.

Special Cleaning for Vomit, Diarrhea, or Blood

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Protect yourself – wear gloves, an apron, eye protection, shoe covers, and a face mask
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Use kitty litter or baking soda to soak up big spills and scoop up (don't vacuum)
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Use paper towels and soapy water for wiping and cleaning
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Spray area with disinfectant and let it sit for the amount of time recommended on the label. For special cleaning use 1 cup bleach +1 gallon water
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Wipe the area with a paper towel or let it air dry
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Clean and disinfect scrub brushes and other non-disposable supplies (e.g. machine wash reusable mop heads with hot water and 1/2 cup of bleach)
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Double bag all soiled items and throw them out
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Wash hands after clean-up