HYGIENIC KITCHEN

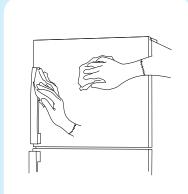
Note: For disinfecting check the labels of your products to ensure they are 'chlorine based'.



- Bleach
- Disinfectant
- Liquid soap
- Spray cleaner
- White vinegar



Wipe and disinfect your sink



Clean fridge and handles



Choose one of these

Clean cooktop and benches



Cupboard doors and handles



Rinse your cloth often



Keep appliances clean



Wash and disinfect bins then wash your hands



Throw out or wash







CAUTION

Use cleaning products safely

- Always check the product label of cleaning products
- Ensure you water down your bleach (follow the instructions on the bottle)
- Wash your hands regularly when cleaning
- Wear gloves, aprons and masks if they are available to you.
- Open windows or turn on fans
- Do not spray bleach, instead apply to a cloth or add to water
- Let the surface air dry before use (roughly 5 mins without fans)
- WARNING: Cleaning products can trigger asthma
- Use less toxic certified products where possible
- Natural cleaning products (e.g. vinegar), should not be used with bleach or other chemical products as it can create a toxic gas
- Avoid touching your mouth, nose and eyes when cleaning
- Bleach solutions should be made daily as they become less effective with time.

