

## Coronavirus (COVID-19)

We want to inform you of the actions we are taking as a business to protect you (our cleaners) and our clients as far as possible during the COVID-19 outbreak. I'm sure you will know that the government have ordered people to stay at home with a few exceptions.

Clearly with a cleaning job it is not possible to work from home. Many of our clients see cleaning as an essential task and may still want you to attend. Others may be vulnerable and will want to postpone their cleaning.

For the next period (hopefully just 3 weeks) we would suggest that you call your clients and decide between you, if you are to attend or not. If you don't want to go, but your client still wants a cleaner, then please ask the client to call us and we will try to find cover.

Maid2Clean and our clients rely on you week in and week out and we thank you for your continued support at this difficult time. It is much appreciated.

### Your Safety:

- Wear gloves where possible
- Soap and warm/hot water is the most effective way to clean surfaces
- Clean high contact areas frequently such as door handles and light switches
- Steam cleaning (if the surface is suitable) is highly effective

**Symptoms:** High-Temperature | A New, Continuous Cough

### Stay at home, unless it is for one of the following reasons:

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- One form of exercise a day, for example a run, walk, or cycle – alone or with members of your household
- Any medical need, or to provide care or to help a vulnerable person
- Travelling to and from work, but only where this absolutely cannot be done from home
- Ensure you stay at least 2-meters away from other people

### Use the NHS 111 online coronavirus service if:

- You feel you cannot cope with your symptoms at home
- Your condition gets worse
- Your symptoms do not get better after 7 days

## How to avoid catching and spreading coronavirus (social distancing)

### DO

- Wash your hands with soap and water often - do this for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- Put used tissues in the bin immediately and wash your hands afterwards
- Use phone, online services, or apps to contact your GP surgery or other NHS services

### DON'T

- Do not touch your eyes, nose or mouth if your hands are not clean

## HEALTH & WELLBEING

- Stay in touch with family and friends over the phone or on social media
- Try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- Do light exercise at home, or outside once a day

## USEFUL LINKS

- [NHS Coronavirus Help](#)
- [UK Government Response](#)
- [111 Online Coronavirus Service](#)