

## Frequently touched surfaces

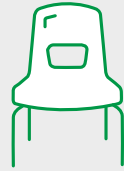
Additional cleaning should be focused on frequently touched surfaces and equipment. **Some examples of frequently touched surfaces that should be cleaned with Clinell Universal Wipes are:**



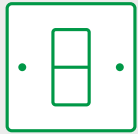
Desks



Door handles



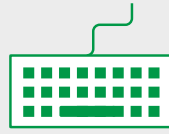
Chairs/arm rests



Light switches



Communal eating areas



Shared technology and printers



Toilets



Sinks and taps



Hand rails and lift buttons

## What else can I do to help prevent the spread of infection?

### The key measures that everyone should follow are:

- Frequent washing/sanitising of hands for 20 seconds and drying thoroughly, and always when entering/leaving the building, before/after eating and after using the toilet
- Try to avoid touching your face including mouth, eyes and nose
- Wash your hands with soap and water after coughing, sneezing or using tissues, and use bins that are emptied regularly for tissue waste
- Wear a face covering when in an enclosed area

## What are Clinell Universal Wipes?

Clinell Universal Wipes are single-step detergent/disinfectant wipes. That means they clean and disinfect in a single action so there is no need to pre-clean before their use, replacing the need for different types of wipes and surface cleaners. This means our wipes are ready to use and you can be confident you are delivering an effective dose of disinfectant.

All cleaning and disinfection products should be checked for efficacy against the virus to provide assurance to employees. Clinell Universal Wipes have been tested for efficacy against the COVID-19 virus. Efficacy against Coronavirus has been proven in just 30 seconds of contact time.



Keep out of reach of children. Use disinfectants safely. Always read the label and product information before use.

**GAMA Healthcare Australia Pty Ltd.**, Suite 1,  
33-37 Duerdin Street, Notting Hill, VIC, 3168, Australia.  
T: +61 (0)3 9769 6600 E: [info@gamahealthcare.com.au](mailto:info@gamahealthcare.com.au)

[www.gamahealthcare.com.au](http://www.gamahealthcare.com.au)

GHA200395

**gama**  
healthcare

**clinell**<sup>®</sup>

**EFFECTIVE  
AGAINST  
COVID-19**

## MAKING SURFACES SAFE DURING COVID-19

Improving surface hygiene is one of the most effective ways to stop the spread of infection. Our educational resources, developed by infection prevention experts, help raise awareness and promote best practice.

## What is COVID-19?



**COVID-19 is a disease caused by a virus called Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), which belongs to the broad family of viruses known as Coronavirus.**

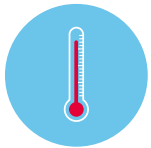
It is spread mainly through tiny droplets scattered from the nose and mouth of a person with the infection. The droplets can be scattered when the infected person coughs, sneezes, talks or laughs. To infect you, it must get from an infected person's nose or mouth into your eyes, nose or mouth.

COVID-19 can be a mild or severe illness. Severe illness is much less common in children and young adults in good health.

This leaflet aims to inform you about the importance of keeping surfaces clean as a way to keep everyone safer.

## What are the symptoms of COVID-19?

Symptoms of the virus are similar to the symptoms of the Common Cold or Influenza. The most common symptoms of the virus are:



Fever (38°C and higher)



Cough



Shortness of breath



Loss of sense of taste or smell

## How do I manage the risks of COVID-19?

At work, the most critical part of managing the risk is doing everything practical to avoid introduction of the virus into the workplace. Standard infection prevention and control procedures are always important but even more so in a pandemic situation.

## Why is cleaning and disinfecting surfaces important?

We know that touchable surfaces in our environment can harbour harmful germs such as the Coronavirus. Surfaces and belongings, such as desks and shared technology, and other things we touch can become contaminated with the virus when people who are infectious cough or sneeze or touch them. Transmission of the virus can occur when someone else then touches the contaminated surface or item and then touches their own mouth, nose or eyes. The virus cannot grow on surfaces but it can survive if surfaces are not cleaned. The virus gradually dies off over time and under most circumstances, the amount of infectious virus on any contaminated surfaces is likely to have decreased significantly by 72 hours.

**Cleaning frequently touched surfaces more often reduces the presence of the virus** and the risk of contact helping to reduce the risk of infection.

## When should I clean and disinfect surfaces?

Each workplace should be cleaned at least once per day. Remove unnecessary clutter to make cleaning easier and avoid shared workspaces where possible. **Staff should thoroughly clean and disinfect their work area before and after use each day.**



**Dispose of wipes in the bin. Do not flush down the toilet.**

## How to use Clinell Universal Wipes

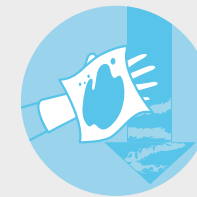
When it comes to surface cleaning, there are some simple steps that can help avoid transferring germs from one surface to another. We refer to them as the 5 Principles of Cleaning - these steps help to ensure we clean and disinfect surfaces properly.



Wipe in an 'S' shaped pattern



Work from top to bottom



Wipe from clean to dirty



Leave to air dry



One wipe, one surface

Apply appropriate personal protective equipment before cleaning. Use a new wipe for each new surface, and don't use the same wipe between work areas.

After cleaning, dispose of the wipe into the appropriate waste bin, remove gloves and perform hand hygiene

