



# LENHAM WANDERERS FOOTBALL CLUB

Founded 1909

*Affiliated to the KentFA*

## Cleaning and Disinfection

### 1 PREVENT CATCHING & SPREADING THE VIRUS



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

### 2 Recommendations for Routine Cleaning & Disinfection

Surfaces that are frequently touched with hands should be cleaned often. This would include (but would not be limited to): Doors in entrance / exiting areas, all changing rooms, shower room, light switches, lavatory surfaces, kitchen surfaces and appliances, doorknobs, floors and other horizontal surfaces, shared tools and equipment, etc. should be cleaned before and after each use.

Always ensure when cleaning that you wear gloves.

It is important to avoid sharing cups, dishes, and cutlery and to ensure that they are thoroughly washed with soap and hot water after use.

Waste collection, and if necessary, storage points, should be increased and emptied regularly.

Detergent and water are adequate for cleaning surfaces in areas where contamination is not as common.

Detergent and water can also inactive most viruses over time. For any horizontal surfaces that are not being cleaned and disinfected, wet-dust daily by moistening a cloth with a small amount of detergent/disinfectant.

Gloves and other equipment that has been used during cleaning should be double bagged and stored securely for 72 hours before being disposed of with general waste.

After cleaning, thoroughly wash your hands with hot soap and water or hand sanitizer if hot water and soap is not readily available and avoid touching your mouth, face or eyes until you've done so.

**REMEMBER: If an activity cannot be undertaken safely,  
it should not take place.**

