It doesn’t take long for germs to build up on surfaces in your room. In addition to good hand washing and personal hygiene practices, hand contact surfaces should also be disinfected periodically.

Here are some cleaning tips that can help you avoid the spread of colds and flu.

**CLEANING SUPPLIES**

Each suite is supplied with a toilet bowl brush, sponge and multi-purpose disinfectant cleaner for use on all bathroom surfaces. Refills are available at the Housing Office. You may also purchase virus-killing disinfectant cleaners. Do not mix cleaning products. Mixing bleach with products containing ammonia, such as glass and window cleaners, can be dangerous.

**CLEANING ROUTINE**

Establish a regular cleaning schedule with your roommates for frequently touched surfaces (doorknobs, light switches, countertops, toilets, sinks, faucets and flush handles).

- Wash bedding and towels frequently and dry on the hot setting.
- Wash dirty dishes and utensils with soap and water between uses and don’t share them with others. Use paper towels to dry hands, or designate a separate cloth towel for each person (use different colored towels).

**DISINFECT PERSONAL ITEMS**

Clean surfaces that are touched by the hands or face often (computer keyboards and mice, remote controls, telephones and desks).