



FLU SEASON

— *guide* —



From The Cleaning Authority

Introduction

Flu season is upon us

and you never know where you might pick up the germs that will get you sick. Your kids could be sitting next to someone in class who is coming down with it, or you might be in a meeting with a co-worker who really should have stayed home sick.

While we can't keep the flu bug away, we do know that keeping your home clean and putting in efforts to avoid getting sick can be the most proactive way to avoid finding yourself sick in bed with the flu. Check out our [Flu Season Guide](#) to learn how you and your family can work to avoid the flu this year.

House Cleaning Secrets for Flu Prevention

At The Cleaning Authority.

there are few things we love more than a clean home. And this time of year, keeping things clean is more important than ever. You never know what you are bringing into your home that may be carrying some unwanted germs. Check out our tips on what you can do around your home to minimize the spread of germs.

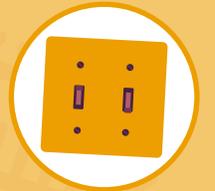


Leave Your Shoes at The Door

You wouldn't walk around a public bathroom in bare feet, so remember when you come home the shoes you are wearing bear the germs from every surface you walked that day.

And, Don't Forget to Clean Your Shoes!

If you have little ones with shoes that lace, either spray them with disinfectant or wash them frequently. You'd be surprised where those laces have been dragged!



Disinfect Light Switches & Doorknobs

Everyone touches them, multiple times every day. Use disinfectant wipes as part of your house cleaning routine and include a wipe down of your light switches and doorknobs (inside and outside the house!) to minimize the spread of germs and help prevent getting sick.



Be Mindful of Backpacks

Who knows what your kids are doing with their backpacks every day? Be sure to clean them frequently!



Be Careful Where You Put Your Purse

Think about the places you've put your purse down throughout the day. Maybe you had to put it down on the floor somewhere or on a public bathroom counter. Are you coming home and putting that same purse on the kitchen counter or table? Instead, designate a place by the door to leave your bag every day.



Beware of Frequently Used Electronics

Use cleaning wipes that are safe for electronics to clean your TV remotes, smartphones, tablets, keyboard, and mouse.

Remember, Cleaning Goes a Long Way

The kitchen sink can foster more bacteria than your home's toilets. However, the toilet, showers, floors, and other surface areas are certainly not to be ignored. If there was ever a good time to hire a house cleaning company, it is during flu season. Having a consistent and thorough cleaning team dusting and cleaning away all the germs and bacteria is one of the best ways to prevent illness. By choosing quality home cleaning services, your whole house can be completely cleaned in a few hours instead of spending half your day slaving away.

Help Your Kids Keep The Flu Away

Flu season is a tough time of year for everyone.

but it's worse when you have kids in day care or school being exposed to even more possible illness. Follow these tips with your kids to help them keep the flu at bay this year.

Make sure they wash their hands!

Teach your children to wash their hands regularly during the school day, and make sure it is the first thing they do every day when they arrive home.



Teach your kids to **avoid touching** their eyes, nose, or mouth, as these areas are most susceptible to germs.

Teach your children to sneeze and cough into a tissue. If one is not handy, then they should sneeze or cough into their elbow, and never their hands.



Be strict about bed time!

More sleep will help your body heal and fight off any germs that come its way.

While sharing is an important lesson to learn, make sure your children know that **sharing things like food, drinks, and lip balm is off limits.**



Make Flu Prevention Fun!



Dress up your kid's hand sanitizer with a cute or fun case. They'll love carrying it around and use it more frequently.



Let them pick out a reusable water bottle that they love. This will encourage them to drink more water, and staying hydrated can help to fight off viruses.



A fun-themed tissue case will also make it easier to enforce your children to carry around tissues at school for when they need to cough, sneeze, or blow their nose.

How To Avoid The Flu At Work

We've all been there.

Our co-worker has the flu, but refuses to take a few days off, leaving everyone in the office at risk. Or, maybe it's their kids that are sick, but they're carrying those germs in with them every day.

Looking to keep the workplace germs at bay throughout flu season? Keep these items in your office during flu season to keep yourself healthy:



Disinfectant Wipes

Wipe down your desk and other areas in your office regularly. You can also use them in common spaces like the kitchen or bathroom when you know someone is sick in the office.



Hand Sanitizer

Keeping a small bottle at your desk or in your purse can come in handy while you interact with co-workers throughout the day.



Water Bottle

Drinking extra water during flu season can help fight off viruses.



Tissues

Keeping a box of tissues in your office can come in handy not just for when you need it, but can be your defense to stop co-workers from spreading germs in your office when they sneeze or cough.



Echinacea Tea

Try to drink a cup of Echinacea tea daily to keep your immune system up and fight off the first signs you may be getting sick.



A Space Heater

The flu virus thrives in cooler temperatures. Keep your office toasty!



Vitamins

Make sure you're getting the right amount of Vitamin C and other essential vitamins to keep your immune system up.



Essential Oil Diffuser

Diffusing oils like tea tree or peppermint can help kill bacteria in the air of your office.

Hire A Housecleaner This Flu Season

Hiring a Professional Housecleaner

on a recurring basis to clean away the germs and bacteria that can cause illness can go a long way. At [The Cleaning Authority](#), we want to help you stay happy and healthy this flu season. Visit [The Cleaning Authority](#) to find the location nearest to you and get a free online estimate, then you can get the following areas of your home clean!

EVERY TIME WE CLEAN

We provide these services every time we're in your home.

Bathrooms

- Tile walls, bathtubs, and showers cleaned
- Shower doors cleaned
- Vanity and sink cleaned
- Mirrors and chrome fixtures cleaned and shined
- Floors cleaned/carpets vacuumed
- Toilets thoroughly cleaned
- Window sills, ledges, and blinds dusted
- Cobwebs removed
- Doors and door frames spot cleaned
- General dusting

Living Areas

- Flat areas hand wiped
- Doors and door frames spot cleaned
- Cobwebs removed
- Picture frames dusted
- Ceiling fans dusted
- Lamp shades dusted
- Intricate items dusted
- Heavy knickknack areas dusted
- Window sills, ledges, and blinds dusted
- Clean hardwood floors: vacuumed and damp mopped
- Stairs vacuumed
- Empty closet floors vacuumed
- All readily accessible floors vacuumed

Sleeping Areas

- Flat areas hand wiped
- Doors and door frames spot cleaned
- Cobwebs removed
- Picture frames dusted
- Ceiling fans dusted
- Lamp shades dusted
- Intricate items dusted
- Heavy knickknack areas dusted
- Window sills, ledges, and blinds dusted
- Clean hardwood floors: vacuumed and damp mopped
- Stairs vacuumed
- Empty closet floors vacuumed
- All readily accessible floors vacuumed

Kitchens

- Counter tops cleaned
- Outside of range hood cleaned
- Top and front of range cleaned
- Drip pans or glass top surfaces wiped
- Sinks cleaned and chrome shined
- Fronts of all appliances cleaned
- Floors vacuumed and damp mopped
- Window sills, ledges, and blinds dusted
- Cobwebs removed
- Microwave wiped out
- Doors and door frames spot cleaned
- General dusting

ON A ROTATING BASIS

In addition to the services provided every time, we provide these services on a rotating basis.

Bathrooms

- Tile grouting scrubbed
- Shower door given extra attention
- Doors and door frames hand wiped
- Knickknacks individually cleaned
- Fronts of cabinets hand wiped
- Baseboards and window sills hand wiped
- Floors given extra attention
- Faucets, sinks, and drains cleaned with a toothbrush

Living Areas

- Doors and door frames hand wiped
- Window sills and ledges hand wiped
- Knickknacks individually cleaned
- Furniture surfaces hand wiped
- Baseboards hand wiped
- Furniture and upholstery vacuumed
- Carpet edges vacuumed
- Floors given extra attention
- Accessible areas under furniture vacuumed

Sleeping Areas

- Doors and door frames hand wiped
- Window sills and ledges hand wiped
- Knickknacks individually cleaned
- Furniture surfaces hand wiped
- Baseboards hand wiped
- Furniture and upholstery vacuumed
- Carpet edges vacuumed
- Floors given extra attention
- Accessible areas under furniture vacuumed

Kitchens

- Inside of range hood cleaned
- Drip pans or glass top surfaces cleaned
- Doors and door frames hand wiped
- Appliances cleaned and shined
- Knickknack areas cleaned
- Fronts of cabinets hand wiped
- Baseboards and window sills hand wiped
- Floors given extra attention
- All kitchen furniture hand wiped