

## Tips for sexworkers: Cleaning and disinfecting

**You would like to work as clean as possible. In this flyer we provide you information about cleaning and disinfecting**

### **What does cleaning entail?**

Surfaces, such as a bed or a sink should be cleaned regularly in order to prevent them from getting dirty. With an all-purpose cleaner you can clean these surfaces.

The soap in the cleaner fluid removes the dirt, where germs are found, from these surfaces. With a paper towel you can rub these surfaces and clean away the dirt. Throw the paper towels away after use.

### **What is disinfecting?**

With a disinfectant you are not cleaning. A disinfectant will only work if you are using it on surfaces which have already been cleaned. A disinfectant will kill the germs.

When using a disinfectant, it is very important that you follow the instructions on the packaging. For example, a disinfectant always needs time to work. It is important to let it sit on the surface and make sure that the surface is covered with the disinfectant, and stays wet.

### **When do you need to disinfect a surface?**

This is only necessary if the surface was exposed to bodily fluids.

Examples of bodily fluids are saliva, blood and sperm.

### **Did you know that it is better not to disinfect everything?**

### **Health**

If you use too much disinfectant, you can have problems with your lungs and throat. They can even hurt, and that can be bad for you. That is why you should only use a disinfectant when it is absolutely necessary.

### **Bleach, chlorine and ammonia**

These cleaning agents may smell like they do the job, but they are very aggressive. Also these substances can cause you to have health problems. Using an all-purpose cleaner is enough in most cases.

### **Washing your hands**

You can wash your hands with soap and water. It is important that you do this for at least 20 seconds. It is also important to dry your hands afterwards. Use a paper towel which you can throw away. In this flyer you can find a picture about how you can wash your hands the right way.

### **When do you need to wash your hands?**

It is important that you and your client wash your hands at the following moments:

- Before and after a client;
- When your hands look dirty;
- When your hands feel sticky;
- After you used the toilet;
- If your hands were exposed to bodily fluids, such as coughing, sneezing, or blowing your nose;
- Before and after preparing food;
- After cleaning;
- After taking off gloves.

### Disinfecting your hands

Disinfect your hand only with an agent which is made for disinfecting hands. You can read it on the packaging what it is made for. It is better to wash your hands with water and soap. Only use a disinfectant if you cannot wash your hands. That means, when you want to kill germs on your hands, your hands look clean and there is no possibility for you to wash your hands. When you disinfect your hands, you have to rub every part of your hands and also your wrists. Make a bowl using both your hands and fill it with disinfectant. Then you can be sure that you have enough. In this flyer you can find a picture about how you can disinfect your hands the right way.

### Why you shouldn't disinfect your hands too often?

If you disinfect your hands too often, it is not good for your skin. It can get irritated. You can even get eczema or wounds. Which can cause you to get sick faster. That's why you should rather wash your hands with soap and water. Also, use a hand cream to moisturize your hands.

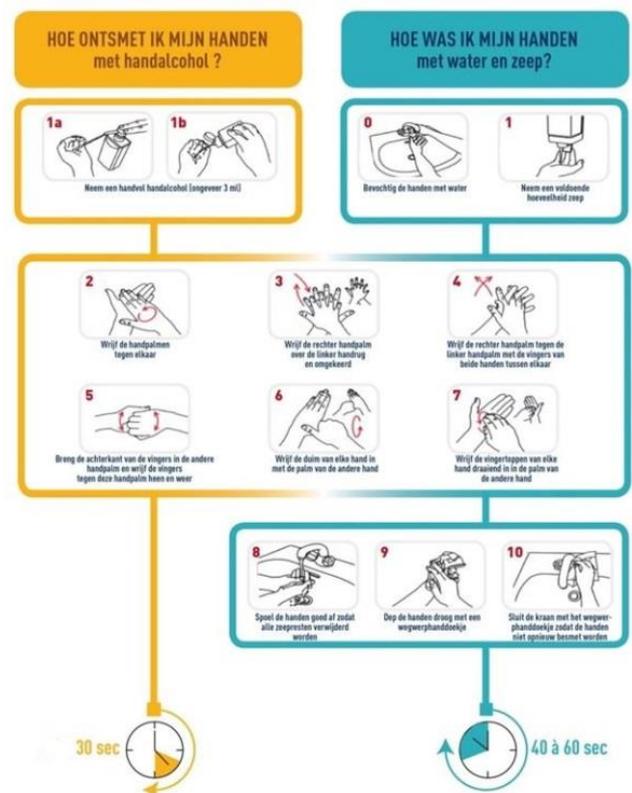
### Tips for good disinfectants for surfaces:

A good disinfectant for surfaces also has to kill viruses. The following agent can also kill viruses:

- Alcohol Dentior 80% (14366 N)
- Alcohol Podior 80% (14331 N)
- Suma Alcohol wipes (14025 N)
- Mikrozyd Sensitive Wipes (13744 N)
- Divosan Etha-plus (14023 N) (spray bottle)

**Warning:** these agents are only to be used on surfaces. They are not to be used to disinfect your hands.

### This is how you can wash and disinfect your hands.



### More information:

#### General hygiene rules for sexbusinesses

<https://www.rivm.nl/hygienerichtlijnen/seksbedrijven-sekswerkers>