MAINTENANCE Update
Maintenance Technical Support Center
Serving Postal Service Maintenance Professionals

April 1, 2020, Volume 22, No. 23

Special Edition

Updated Cleaning Information AFTER a Confirmed COVID-19 Case

In conjunction with the continued recommendations from the Centers for Disease Control and Prevention (CDC), updated recommendations have been received and will be immediately implemented. This update is in addition to the current guidance in MMO-031-20.

According to the CDC, the risk of exposure to cleaning staff is inherently low. In consultation with the CDC and the National Institute for Occupational Safety and Health (NIOSH), when a COVID-19 case has been confirmed within a facility, the following is now recommended to aid in reducing secondary transmission from work clothes (reminder to always avoid touching eyes, nose, or mouth with unwashed hands):

- Gloves **and** an additional disposable or washable outer layer (to cover torso) are now recommended.
- The outer layer recommendation is to add an additional layer of protection to normal work clothes when bending over surfaces while cleaning.

The CDC states coveralls, aprons, work uniforms, or an extra shirt can all be worn as an outer layer during cleaning and disinfecting. Reusable (washable) clothing should be laundered afterwards using CDC guidance on laundry (warmest temperature setting and fully dry the clothing piece). Disposable clothing must be discarded after completing tasks. Clean hands after handling dirty laundry.

Again, the additional layer is a *new* recommendation from the CDC in an effort to reduce the possibility of secondary transmission from touching one's clothes after cleaning an area occupied by a confirmed COVID-19 case and then touching one's face. By removing that secondary coverage layer for a) disposal or b) laundering, it is believed the secondary transmission is reduced.

The CDC reiterates that cleaning staff and others should clean hands often, including immediately after removing gloves or disposable outer layer and after contact with an ill person by washing hands with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.

Continued

Additional key times to clean hands include:

- After blowing one's nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance such as a child

HQ Maintenance Operations

Maintenance Update is a weekly publication provided by the Maintenance Technical Support Center. The information herein does not take precedence over official Postal Service documentation.

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