



Sioux Lookout
First Nations
Health Authority

CORONAVIRUS COVID-19

INFORMATION SHEET

Cleaning Sleeping Mats

November 24, 2020

Clean and disinfect sleeping mats daily and after each time they are used.

1

- ✓ Gather cleaning and disinfecting supplies.
- ✓ Choose or prepare the cleaning and disinfecting products you are going to use. Make sure you know how to safely use the products.
- ✓ Clean your hands and put on gloves.
- ✓ If sheets or other covers have been used, remove them and place into a bag for dirty laundry
- ✓ Remove gloves, clean your hands, and put on new gloves.

2

- ✓ Use a cleaning product to clean the top and sides of the mat from the foot to the head. Make sure to clean the edges.
- ✓ Turn the mat and clean the other side.
- ✓ Repeat the above 2 steps, using a disinfectant.
- ✓ Inspect the mat for cracks, holes, or pests. Replace as required.
- ✓ Allow the mat to dry completely.

3

- ✓ Throw used paper towels and cleaning or disinfecting wipes in the garbage.
- ✓ If you used cleaning cloths, place them in a bag for dirty laundry.
- ✓ Take off your gloves and put them in the garbage.
- ✓ Clean your hands.

