

## **How to Sanitize Your Hotel Room in 12 Steps** (Adapted from Cruise Critic)

Housekeeping staff work hard to keep your room neat and clean, but they may not have time to deep clean and completely disinfect every room every day if you're a self-proclaimed germophobe – or worry about the norovirus or other illnesses – you might enjoy your hotel stay a bit more if you take a few minutes to ensure your room meets your own cleanliness standards.

Follow these 12 steps to sanitize your hotel room, and you'll feel better about your chances of staying healthy.

### **Step 1: Pack the right supplies**

If you're serious about deep cleaning your room, you'll need to come prepared with the right gear. First, you'll need cleaning supplies, such as Lysol Disinfectant Spray or Clorox wipes. Not all travel wipes and cleaners kill norovirus, so if that's your goal, read the labels and pick a product that does the job. (Note, if you buy something strong or hospital grade, containing bleach, you might also need to bring gloves and a mask to keep yourself safe). Also, pack a zip-top bag, disposal gloves and dish gloves are optional.

### **Step 2: Do not put your bags directly on your bed**

If you first enter your room with your luggage or carry-ons, do not put them directly on the bed or couch. Should there be any stowaway bedbugs, direct contact with your bedding is their gangway to board your bed and treat you as their evening buffet. Leave your bags on the floor or put them on top of the provided luggage rack, and you won't be introducing new bugs to your room.

### **Step 3: Wash your hands**

You've been walking around, possibly touching elevator buttons and railings and other public-use surfaces. Before you start your sanitization process, wash your hands thoroughly with soap and water for at least 20 seconds. For even more protection, put on gloves after you've washed your hands.

### **Step 4: Wipe down all door handles and light switches**

These high-touch areas are used by everyone in your room, as well as housekeeping and anyone else visiting your room. Give them a good wipe

down on day one; you might want to revisit the task later in your stay, as well.

### **Step 5: Wipe down bathroom surfaces**

Bathrooms can be germ central, so spray or wipe down all hard surfaces, including the toilet seat and lid.

### **Step 6: Quarantine the remote control**

It's common knowledge that one of the germiest items in a hotel room is the remote control – touched by many and with lots of crevices that can't be effectively wiped down. Pick it up with a tissue or gloves, put it in a plastic bag and zip it shut. You can still operate the remote, but never have to actually touch its surface.

### **Step 7: Wipe down the phone**

Runner-up for germiest item is the telephone, for the same reasons as the remote. You can't put your hotel room phone in a bag, so do your best to wipe it down, especially the mouthpiece.

### **Step 8: Clean hard surfaces in your room**

Wipe down hard surfaces, such as the night table, coffee table, desk and shelves. You don't need to do them all, but prioritize surfaces where you will set down things that will go near your face or in your mouth. (Think shelves or surfaces that house glassware, or nightstands where you put your eyeglasses.)

### **Step 9: Wipe down balcony furniture**

Don't forget to clean your personal outdoor space by spraying or wiping down balcony furniture. Put extra effort into places where you'll rest your arms and head and the table where you might be dining.

### **Step 10: Wash glassware**

Do you intend to use provided glassware in your room to rinse out your mouth after brushing your teeth? You'll want to clean those glasses with soap and hot water before you use them. If you haven't packed dish soap, the provided shower gel will work just as well.

### **Step 11: Remove decorative bread spreads**

Your bed linens may be changed frequently, but decorative blankets, bread spreads and pillows aren't always laundered between guest stays.

Remove these items from your bed and put them in a drawer or closet, or ask housekeeping to take them out of your room for the duration of your stay.

**Step 12: Wash your hands again**

Congratulations! Your home away from home is now sanitized to your satisfaction. To be safe – and since you may have been handling chemicals – wash your hands one more time once you've finished. Now go and enjoy your trip, worry free!