In Fall 2021, the majority of college and universities are planning on reopening in-person learning and living. However, many higher education institutions are ill-equipped to handle the surge of students, with many state budgets slashed and declining revenues as a result of the pandemic. This means, for many colleges and universities, they are being asked to do more with less.

Prior to COVID-19, college environments were a hot bed for virus-spreading germs, with one in four students contracting the flu.

Recognizing the need to prepare students and universities ahead of the Fall 2021 academic semester, ACI is launching the Class of Clean: The College Student’s Guide to Cleaning.

Please utilize the materials provided in this toolkit for college students to educate on the critical need to adopt cleaning and disinfecting routines as part of an overall health regime.
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Move In/Out Checklist

**MOVE-IN & OUT Cleaning Tips**

After you've unloaded your boxes, give your new space a clean start. Be sure to revisit before you move out to avoid unnecessary cleaning charges.

**MOVE-IN**

**ROOM FEATURES:**
- Door handles
  - Clean
  - Disinfect
- Light switches
  - Clean
  - Disinfect
- Floors
  - Vacuum or sweep, starting from the farthest corner and working toward the exit
- Bed Mattress
  - Vacuum and clean, consider disinfecting to get rid of dust mites, then top with a mattress cover and sheets

**FURNITURE:**
- Desk and chairs
  - Clean
  - Disinfect
- Bed frame
  - Clean
- Drawers and shelves
  - Clean
  - Disinfect

**VOCAB CHECK**

Clean to remove dirt from the surface, using an all-purpose cleaner or soap and water.

Disinfect to kill germs. Read the disinfectant label prior to using. Pay attention to how long it needs to remain on the surface to ensure effectiveness.

Have a Bath or Kitchen?

**In the bathroom:**
- Disinfect sink areas, toilet bowls, tubs and showers to kill germs, as well as mold and mildew.

**In the kitchen:**
- Clean and disinfect cabinets and surfaces. Clean oven with an oven cleaner. Clean refrigerator walls and shelves using a nonabrasive, all-purpose cleaner.

Checklist & Tips

Use this visual checklist as you arrive on campus to move in cleanly, and move out freely.

**RESOURCE TOOLKIT**

CLASS OF CLEAN

The College Student's Guide to Cleaning

8.5” X 11” FLYER

DOWNLOAD
Stain Removal Guide

Common College Stains & How to Clean Them
Dealing with a stubborn stain? Use this guide to help you get the tough ones out.

**DRINKS**
1. Sponge or soak stain in cool water for about 30 minutes.
2. Pretreat with stain remover.

**COFFEE/TEA**
1. Sponge or soak stain in cool water.
2. Pretreat with stain remover.
3. Wash with laundry detergent and either oxygen bleach (a bleach that doesn’t contain chlorine), or if safe for the fabric, chlorine bleach.

**COSMETICS**
1. Pretreat with stain remover or rub with bar soap.
2. Wash with laundry detergent.

**GREASE/OIL**
1. Pretreat with stain remover or liquid laundry detergent.
2. Wash with laundry detergent, using the hottest water that’s safe for the fabric.
3. Place stain face down on clean paper towels. Apply stain remover or liquid laundry detergent to back of stain.
4. Replace paper towels under stain frequently.
5. Let dry and rinse, then wash with laundry detergent, using the hottest water that’s safe for the fabric.

**DEODORANTS**
1. Pretreat with stain remover or liquid laundry detergent.

**INK**
1. Pretreat with stain remover or liquid laundry detergent.
2. Wash with laundry detergent.

**BODILY FLUIDS**
1. Use a stain remover or rub with bar soap.
2. Wash with laundry detergent.

**SAFETY 101**
- Don’t mix cleaning products.
- Keep cleaning products in their original containers with labels intact.
- Read and follow label directions when cleaning and disinfecting.
- Open doors and windows to ensure adequate ventilation.

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- Don’t mix cleaning products.
- Keep cleaning products in their original containers with labels intact.
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Guide Poster
Keep this visual guide handy as you navigate the world of laundry.

8.5” X 11” FLYER
DOWNLOAD
Sick Roommate Guide

Cleaning with a Sick Roommate

When you live in close quarters, germs can spread quickly. If you or your roommate feel ill, follow the steps below to keep germs from spreading.

CLEANING FOR ILLNESS PREVENTION

- Disinfect daily, especially items the sick person has touched.
- Once your roommate feels better, wash or disinfect all the devices and surfaces touched while sick.
- Make sure you and anyone sick washes their hands more frequently, following proper handwashing practices.

- Have hand sanitizer readily available for when washing with soap and water isn't convenient or practical (e.g., carry it with you as you move about campus and use it before eating).
- Avoid sharing laptops, phones, pens/pencils, drinks, etc.

What's the Difference?

Cleaning: Removing unwanted contaminants, such as soil, dirt and grease, from a surface, material, or your hands, using soap and water or a proper surface cleaner.

Sanitizing: Reducing (but not necessarily eliminating) the number of bacteria on the surface to levels considered safe as determined by public health codes or regulations.

Disinfecting: Irreversibly inactivating pathogens (microorganisms that may cause infections and disease) including bacteria, viruses and fungi.

Checklist & Tips

Stay healthy, even in shared, small spaces, with this checklist and guide.

8.5” X 11” FLYER

DOWNLOAD
Laundry 101

INTRO TO SORTING

1. Select your load size. The perfect load size will be around a medium load that leaves a few inches at the top of the washer.
2. Follow instructions on washer or on the product label when adding detergent.
3. Choose water temperature. Most can be washed in cold (which is also eco-friendly) but you may need warmer water to remove some stains (check the stain guide).

LAUNDRY LAB: WASHING MACHINE SETTINGS

4. If your washer has a soil level setting, think about how dirty your clothes are. Put dirtier items like sports uniforms and workout gear on a higher soil level than your everyday clothing.
5. Add your liquid detergent either into the drum of the machine, or into the detergent tray. If using fabric softener, add it to the softener tray. If using liquid laundry packets, add the packet to the drum of your washing machine before adding your clothes.

Sort By Color
To keep light colored clothes from picking up dark dyes, wash whites separately; pastels and medium colors together; bright and darks by themselves.

Sort By Soil
Sort those really dirty items away from the slightly dirty ones, since slightly dirty items can pick up the extra soil from the wash water.

*Remember to empty clothes pockets. Turn clothes right-side out, close zippers and check labels for any special instructions to avoid shrinking or ruining clothing. Refer to the stain guide to pre-treat any stains.

How-To & Tips
A crash course in everything laundry in 5 simple steps.

8.5” x 11” FLYER
DOWNLOAD
Roommate Checklist

The Conscientious Roommate Checklist
Don’t be that person who leaves a mess. Divide and conquer these chores with your roommate.

SAFETY 101
- Don’t mix cleaning products.
- Keep cleaning products in their original containers with labels intact.
- Read and follow label directions when cleaning and disinfecting.

LIVING SPACE
DAILY
- Clean & consider disinfecting frequently-touched surfaces.
- Clean visible messes.
- Pick up personal items.
WEEKLY
- Vacuum and/or sweep.
- Dust.

KITCHEN/KITCHENETTE
DAILY
- Clean & consider disinfecting frequently-touched surfaces. (countertops, refrigerator door, etc.).
- Clean visible messes and crumbs.
- Wash dishes.
- Put away food.
WEEKLY
- Clean out refrigerator and toss any expired or old food.

BATHROOM
DAILY
- Clean & consider disinfecting frequently-touched surfaces.
- Clean visible messes.
- Pick up and organize personal items.
WEEKLY
- Clean toilet.
- Clean sink and countertop.
- Clean shower/bath.
- Vacuum, sweep and/or mop.
- Wash towels and bathmats.

Keep clutter to a minimum! Having lots of stuff around makes cleaning harder and gives dust room to collect. Since dust triggers asthma and allergies, wipe down surfaces like light fixtures, blinds, window frames and baseboards, using a clean cloth and some dusting product.

Checklist & Tips
Use this visual checklist to cover all your chores in your new space.

RESOURCE TOOLKIT
The Conscien/t_i.lious Roommate Checklist

STAIN REMOVAL GUIDE

CONSCIENTIOUS ROOMMATE

MOVE IN/OUT CHECKLIST

8.5” X 11” FLYER
DOWNLOAD