

About hygiene

Cleaning or disinfecting? - Tips for good hygiene

Here are a couple of basic rules that can be applied every day to limit the number of toxic substances you and young children are exposed to, especially during a health crisis.



Number 1 priority? **CLEANING AND RINSING!**

Clean with a **simple detergent**, if possible an “eco-detergent” and simply **rinse with water!**



Residues of detergent that are potentially dangerous for children’s health can remain on surfaces. That is why it is important to rinse with water after cleaning or disinfecting to remove them.

If disinfection cannot be avoided...

Be careful! Always clean before disinfecting.

- **Only disinfect surfaces bearing specific risks** (door handles, light switches...)
- **Clean** and then use a **disinfectant** (virucide) labelled with the European standard NF 14 476 – once a day (preferably in the evening), allowing the time needed for the product to work effectively as indicated on the label, and finally **rinse with water**.
- **Avoid aerosol/spray disinfectants! Opt for** foam sprays on a microfiber cloth, to limit exposure to microdroplets which can be harmful for health.
- **Be careful: White vinegar** is an excellent scale remover and a good fungicide but it is neither **a detergent nor a disinfectant!** It does not contain a sufficient percentage of alcohol to kill a virus which needs to be 60% to 70% at a minimum).
- **What about concentrated bleach? Strictly follow the precautions for use**, as bleach is corrosive and toxic for the environment!
 - Use on a clean surface
 - Only dilute with cold water: 1 volume of bleach (with 2.6% of active chlorine) to 4 volumes of water
 - Leave in contact with the surface for 15 minutes then **rinse with water**
 - Do not mix with other products (white vinegar, citric acid, etc.)



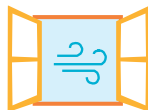
Polluting
for the
environment



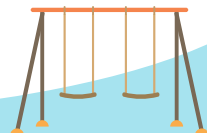
Corrosive

Air and breathe!

Refresh the air as often as possible and open windows for 5 to 10 minutes to reduce contact with viruses.



Plan outdoor activities with children as often as possible!



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NOTE

Be careful: Hand sanitisers are not appropriate for young children! Opt for cleaning hands with soap

Washing adults' and children's hands

- Cleaning wipes are inefficient against viruses!
- In the absence of running water, use a simple hand sanitiser solution with alcohol (ethanol, propanol at 60-70%), without perfume or colouring agent
- Clean hands rigorously with a (bar) soap, if possible labelled with



COSMOS ORGANIC

Cleaning clothes and textiles

Did you know ? Washing at 60°C in a machine kills most viruses and bacteria!

- Disinfectant, antibacterial washing powders or liquid detergents
- Scented softeners
- Classic and unscented washing powders or liquid detergents
- Ecological and unscented washing powders or liquid detergents
- Labeled soap flakes



ECODÉTERGENT



Cleaning and disinfecting toys

- Soft plastic toys cleaned in dishwasher at 60°C (can lead to early degradation of the product and emission of certain substances)
- Toys that are hard to clean
- Clean with soap or simple detergent and rinse and/or install a rotation of toys (put some of them in "quarantine" for 48 hours before handing them back to children)



I AVOID



I LIMIT



ECODÉTERGENT

Good quality textile toys cleaned at 60°C in a washing machine (long cycle)

I PREFER

