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## Cleaning schedule covid

Spring has sprung, and, for many, spring cleaning is a ritual. During the COVID-19 pandemic, cleaning and disinfecting homes is more important than ever. The Centers for Disease Control and Prevention released new cleaning guidelines to help effectively fight COVID-19 as businesses, schools and public spaces reopen. On the Mayo Clinic Q&A podcast, Dr. Gregory Poland, a Mayo Clinic infectious diseases expert, discusses effective cleaning tactics to combat coronavirus. To practice safe social distancing during the COVID-19 pandemic, this interview was conducted using video conferencing. The sound and video quality are representative of the technology used. Connect with others talking about the pandemic and supporting one another in the COVID-19 support group. Dr. Poland has served as a consultant for Merck & Co. Inc., Medicago Inc., GlaxoSmithKline plc, Sanofi Pasteur, Emergent BioSolutions Inc., Dynavax Technologies Corp., Genentech Inc., Eli Lilly and Co., Kentucky BioProcessing Inc. and Genevant Sciences Corp., and Janssen Pharmaceuticals Inc. He is a paid scientific adviser for Johnson & Johnson. Honoraria: Elsevier. Over at To-do today, Peter Flaschner has a great post about scheduling one's life in tiny detail.I felt totally out of control. My next-action lists were long and my calendar was full, but I had no real idea where I was going. Until I started using my calendar. REALLY using it. For some reason, I never made the leap from next-actions to SCHEDULING next-actions. As soon as I did that, calm returned, and productivity went through the roof. Peter's solution? Schedule everything, down to the tiniest detail. He couldn't overcommit if there was literally no room in his calendar. By taking time in advance to work out the minutia, he kept on track of what really needed to get done. To-Do Image: ShutterstockWorking from home is fantastic in a lot of ways. Working alone at home can make things like lunch breaks and what clothing you're wearing pretty flexible. It can also something like cleaning up your space optional, in some cases so optional that you might not do it all. No one is going to see your home office, right?At the beginning of 2019, after a heavy adoption of that "optional" cleaning option, my personal home office had reached a pretty disastrous point. I spent a few days cleaning it up and then put myself on a cleaning schedule for the year. If you work from home, I recommend you do the same.You can't have a great workspace without a great desk and chair. While we know of the popular... Read moreAnd if your home office is always clean, my hat's off to you. This tip isn't for you.Like any big task, cleaning is a ton easier if you break it up into smaller parts. Cleaning up a year's worth of junk mail, post-it notes, unfiled receipts, and other junk is a huge undertaking. Splitting things up on a daily basis made everything a ton easier, and has ensured my home office has been visitor-ready all year long. It's also had the added bonus of ensuring I've always been able to find everything I need when I need it (miraculous!).As far as how to organize your cleaning, that depends a bit on your personal situation. One of my biggest issues was packages. I get a ton of products sent to me in the mail to review, which is great, but all those products come in cardboard boxes with boatloads of packaging. I also live in the third-floor walkup, so recycling those boxes requires a bit of legwork. It also requires that I make it to the recycling bin before everyone else in my building does so there's actually space for my junk.Our recycling gets picked up on Tuesday, so now every Wednesday I have an alert around lunchtime that suggests I take the recycling downstairs to the now empty bin. It's a small thing, but it's meant amazing things in terms of limiting the pile up in my office. Previously I would consistently remember on Mondays, which is great, but there wouldn't be space to actually put the recycling in the bin so I'd be SOL. Now I get my stuff in there first.Mail is another thing I was horrible with, that I now have an alert to handle that on Fridays. I'll go through the massive pile on my desk, pay any bills that need to be paid, and file or trash everything else. Again, a small thing when you do it regularly, a dumpster fire when you skip it for a week or two or let that junk mail pile up. I can't tell you how many times I used to look for that letter that was "somewhere." The answer was always in the pile I had offloaded from my desk to the floor.I also have alerts reminding me to vacuum every few weeks and tidy my desk area, and yes, one to suggest that it might be a good idea to take out the trash.If you struggle with keeping your home office (or really any room in your home) clean, one good deep clean and then a cleaning schedule for the parts you struggle with (I use Google calendar alerts), can set you up for success in 2020. Schedules are documents required by the IRS for documentation of financial information. Schedules report income, deductions and business-related details.Deeper definitionThe IRS requires individuals to report income on an annual basis. To collect this information, individuals must submit information on specialized documents. These documents are called schedules. They help individuals to submit accurate information and to calculate taxes properly. Schedule A is a specific type of form often required for individuals who are itemizing their deductions. It allows the user to document key expenses that may reduce their taxes. This may include medical or dental expenses, mortgage interest paid, contributions made to approved charities, and state taxes. It is also the schedule to report some work-related expenses. Schedule B is an income schedule. On this form, users document any interest or dividend payments received during the tax year. Schedules C and C-EZ are two other commonly used schedules that allow individuals to report self-employment income. It allows for the reporting of both earnings and any qualified deductions. Schedule D is used to report any sold capital assets during the year, such as reporting losses or profits from the sale of stocks. Schedule EIC allows individuals to claim earned income tax credits if they have an eligible child. Schedule SE allows individuals to report Social Security taxes paid as a self-employed individual. Schedules exampleSusan owns her own business. She must report her self-employed income to the IRS. To do so, she completes Schedule C to report income and Schedule SE to report the taxes she paid toward Social Security during the year. She finds she would also benefit from itemizing her deductions for the year because they are higher than the standard deduction. Susan fills out Schedule A, as well. She attaches these to her Form 1040 and submits it to the IRS.To estimate your taxes, use Bankrate's 1040 tax estimator. Explore a breakdown of all IRS tax forms. cleaning schedule covid 19. cleaning schedule covid 19 template. cleaning schedule covid restaurant. office cleaning schedule covid. toilet cleaning schedule covid 19. school cleaning schedule covid 19. workplace cleaning schedule covid. covid cleaning schedule template uk

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