

COVID-19 & Safety and Hygiene Guidelines for Sanitation Workers

Sanitation, municipal waste, recyclers and
waste from COVID-19 patients

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PAHO/WHO*

Online Discussion on Water Utility Preparedness For COVID-19
CWWA, 3 April 2020



Covid-19

What we **KNOW**
and
What we need to **DO**



Covid-19: 5 Things to **Know**:

1. Symptoms of COVID-19

1. Sore throat,
2. Dry cough (some runny nose)
3. Fever
4. Short of breath
5. Pneumonia.

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Covid-19: 5 Things to Know:

2. Two main routes of transmission

- respiratory
- contact

3 COVID19: Safety and Hygiene



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Coughing and Sneezing



Covid-19: 5 Things to **Know**:

3. How does COVID-19 spread?

1. Close contact with an infected person.
2. Coughs and sneezes
3. Touching eyes, nose, mouth

Covid-19: 5 Things to Know:

4. Who is most at risk?

- Older persons
- People with other medical conditions,
 - Diabetes
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Smokers
 - Heart disease,
 - Depressed Immune System
 - Auto immune disease

6 COVID19: Safety and Hygiene



Pan American
Health
Organization



World Health
Organization
Regional Office for the Americas

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Covid-19: 5 Things to **Know**:

5. What is the treatment for COVID-19?

NO treatment or vaccine

Symptoms only can be treated.

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Covid-19: 5 Things to DO:

1: Wash your hands frequently with soap and water

How to wash your hands:

<https://www.youtube.com/watch?v=3PmVJQUcm4E>

But don't waste water!

8 COVID19: Safety and Hygiene



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0 Wet hands with water

1 apply enough soap to cover all hand surfaces.

2 Rub hands palm to palm

3 right palm over left dorsum with interlaced fingers and vice versa

4 palm to palm with fingers interlaced

5 backs of fingers to opposing palms with fingers interlocked

6 rotational rubbing of left thumb clasped in right palm and vice versa

7 rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

8 Rinse hands with water

9 dry thoroughly with a single use towel

10 use towel to turn off faucet

11 ...and your hands are safe.

https://www.who.int/gpsc/clean_hands_protection/en/

Pan American Health Organization

World Health Organization

Covid-19: 5 Things to **DO**:

2: Cover your mouth and nose with a flexed elbow or tissue when coughing and sneezing.

10 COVID19: Safety and Hygiene



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Coughing and Sneezing



11 COVID19: Safety and Hygiene

Covid-19: 5 Things **Not** to **DO**:

Don't touch the T-Zone!

Never put your fingers in your



eyes,

nose,

or mouth.






12 COVID19: Safety and Hygiene




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Covid-19: 5 Things to **DO**:

4. Social distancing of 6 ft (± 2 mtr)

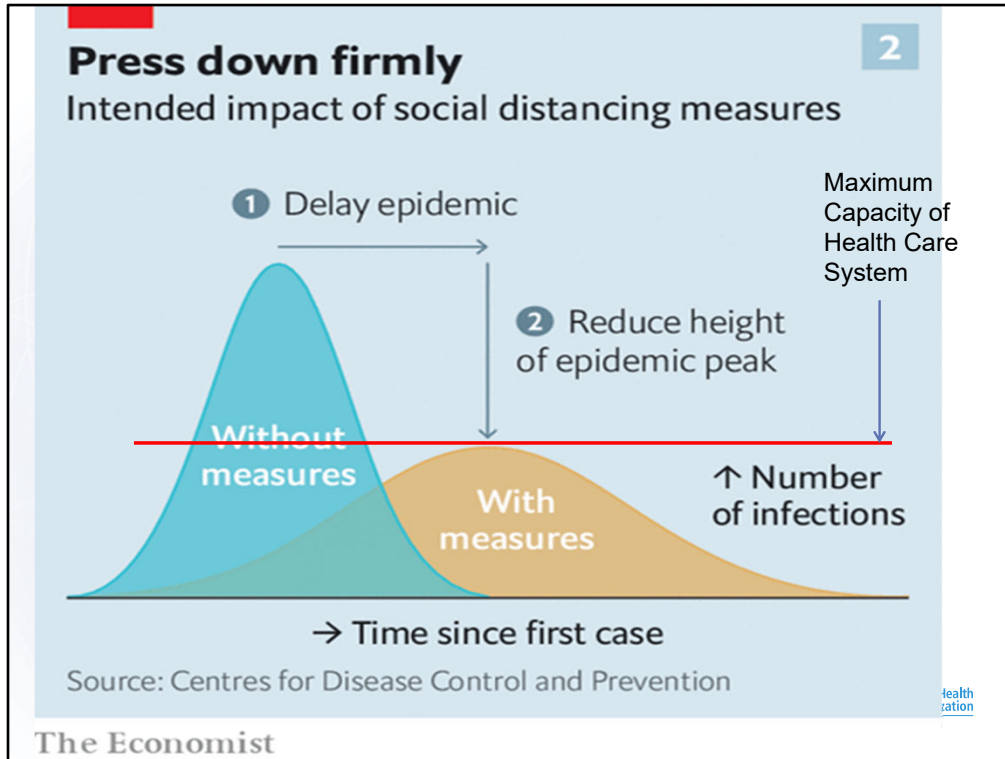
5. If you have fever, cough AND difficulty breathing, call **COVID Hotline**

13 COVID19: Safety and Hygiene



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Iðvahnir þeir sem eru með sjúkdóm rannsóknir

Í ljósi þess að hafa áhrif á útkomnið er mikilvægt að hafa góða samvinnu milli heilbrigðisráðgjafa og heilbrigðisráðgjafa. Þetta er mikilvægt til að tryggja gætt og samræmi. Einnig er mikilvægt að hafa góða samvinnu milli heilbrigðisráðgjafa og heilbrigðisráðgjafa.

Vinir þeir sem eru með sjúkdóm rannsóknir eru mikilvægir. Þetta er mikilvægt til að tryggja gætt og samræmi. Einnig er mikilvægt að hafa góða samvinnu milli heilbrigðisráðgjafa og heilbrigðisráðgjafa.

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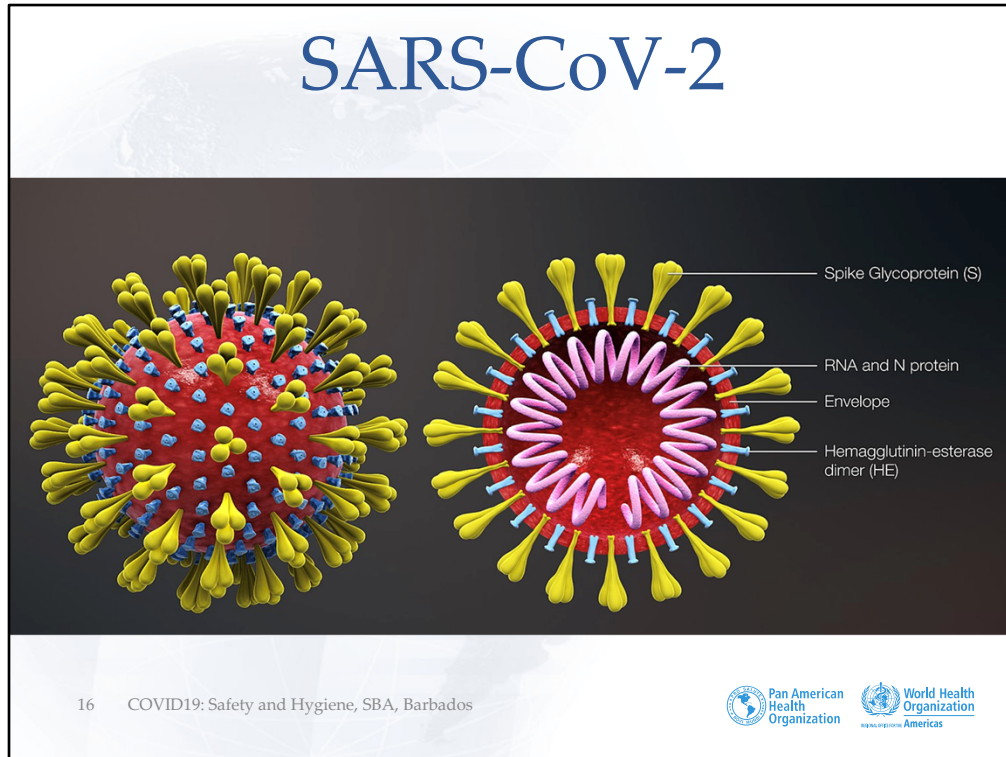


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Hygiene BEST Practices and Protection

1. Adjust personal/professional
hygienic behavior

2. Use appropriate Personal Protective
Equipment (PPE)

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Solid Waste, COVID-19 Patients Non hospital

- Solid waste, garbage from the patient's in infectious waste
- Store dedicated plastic bags in dedicated containers with fitting lid
- Store and keep separate from other household waste
- Disinfect bags before storage

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Solid Waste, COVID-19 Patients Non hospital

- Twice weekly collection from home
- Disinfect storage container with 0.1% chlorine solution
- Use dedicated, trained and protected crew for collection of infectious waste, preferably company serving hospital

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Solid Waste, COVID-19 Patients Non hospital

Disposal

- Autoclave
- High temperature incinerator
- Dedicated pit on landfill, fenced, daily cover

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PPE for Solid Waste Operators

1. Heavy-duty clothing (*pant, shirt or overall*)
2. Puncture proof gloves
3. Safety boots,
4. Face and eye protection:
 1. *goggles or a face shield*
 2. *Face mask;*

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Truck for Solid Waste Collection

Collection vehicle

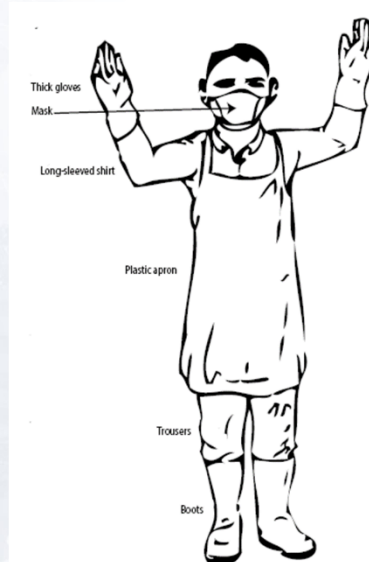
1. Clean all frequently touched parts inside of truck: steering wheel, shift stick, door handles arm rests, switches
2. Not more than 2 persons in cab
3. Drive with windows open!!

From the front of the truck

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PPE for Handlers of Health Care Waste

1. Heavy Duty Gloves
2. Face mask
3. Long-Sleeved Shirt
4. Plastic Apron
5. Durable Trousers
6. Rubber Boots
7. Goggle/Face Shield (if splashes possible)



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Personal Hygiene for All Sanitation Workers

1. Wash hands with soap and water

1. after handling sewage,
2. before eating, drinking
3. at end of work
4. After using bathroom

2. ~~NO hand sanitizer for dirty/soiled hands~~

3. Eat only in clean designated areas

4. Do not smoke or chew gum

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gulqnlqj#dqg#dwh#hgq#r#z run1#

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Hdw#rqq|#q#fndq#ghvlj qdwhg#buhdv#dz d|#urp #z dwhv/##
dhurvov/#irxq#lul

Gr#grw#p rnh#ru#kxz#j xp#z klh#kdqgdqj#z dwhv#ru#dq|#
p dwhudov#kdw#kdyh#ehhg#q#frqwdfw#z wk#kxp dq#z dwhv1

Personal Hygiene for Sanitation Workers

Don't touch the T-Zone!
Never put your fingers in your
eyes,
nose,
or mouth.

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Dyr lg#wrxfk#lqj #idf#p rxwk#h|hv#grvh#ru#shq#vruh#dqg#
 fxw#z klh#lwz run#kdqgdj#z dwhv#ru#dq|p dwhudv#wkdw#
 kdyh#ehhq#q#frqwdfwz lk#z dwhv1

Gr#grw#wrxfk#grvh#p rxwk#h|hv#ru#ndv#dq|z d|/xqdv#rx#
 kdyh#xw#z dvkhg#|rxu#kdqgv#l

Nhhs#|rxu#lqj huqdlv#wkruw#vnh#d#wli#vrd#|#euvk#wr#fhdq#
 xqghu#qdlv1

Personal Hygiene for Sanitation Workers

1. Always wear gloves when hands damaged
2. Bandage wounds
3. Separate work and civilian clothing
4. Shower before leaving work.
5. Launder clothing at work or use a uniform service.

Dæ d|v#z hdu#j aryhv#z khq#kdqgv#duh#fkds shg#ru#exuqh#ru#
kdy#lj#duv#k#ru#d#exw#
Ip srudqwo|/wkh#xvh#r#j aryhv#grhv#qrw#hsolfh#wkh#qhhg#iru#
dssursubwh#kdqg#k|j lqh#z klfk#kxrqg#eh#shuirp hg#
ihtxhqwo>
Dor#grq#w#rxfk#h|h#v#qrvh#dqg#p rxwk#z lk#j aryhv#rq>

Fryhu#rshq#vrhv#exw#dqg#z rxqgv#z lk#fhdq#gu|#
edqgdjhv

Vkrz hu#dqg#fkdgjh#rxw#r#z run#farkhv#ehiruh#hdy#lj#z run#
lj#ghvj#qdwg#duhd#z klw#hsduwlrq#r#fly#ddq#fark#dqg#z run#
farklj

Nhhs#vr#hg#z run#farkhv#hsduwh#iurp #fly#ddq#farkhv1
Odxqghu#farklj#dw#z run#ru#frowdfw#d#xqlirp #huylfh1

Regular Medical Check-ups for Sanitation Workers

1. Report any injuries, illness
2. Inform your doctor
3. Regular medical check-ups
4. Keep vaccinations updated

Uhsrw#lq|#lqxu|#ru#lqhvv#|rx#kln#|rx#jrw#iurp#zrun#
uljkw#dzd|1

lqirup#|rxu#grfwr#l#|rx#kln#|rx#jrw#lfn#gxulqj#zrun#dw#
zdwzhzdwu#whdp#hqw#sdlw#lwz#lqj#lyh#p#srudqw#
lqirup#dwrg#iruf#srwhqwdlg#ldj#qrvlv1

Uhjxol#dqxdq#suhudeq#vz#lfh#dqxdq#p#hg#lfdq#khfn#xsv#/
lfoxglqj#wvrrw#hwlgj1

Ydffbqdwrg#hfrp#p#hggdwrgv#lq#frqvxdwrg#z#lk#rfdq#
khdok#dxwkrulwhv1,##
Whwdqxv#glskwkhu#Khsdwlv#D#)#E#w|skrbg#lhyhu

Janitorial services at home, office, hotels environments without COVID patients

Objects and surfaces to be cleaned frequently:

1. All door handles and push plates (incl. bathrooms)
2. staircase and stairwell railing
3. taps, faucets, water dispensers
4. Toilet Flush Buttons
5. office desktop surfaces
6. light switches, telephones, dial pads and speaker horn, computer keypads, mouse (rubbing alcohol or glass cleaner)
7. cleaning shared electronic equipment, office printers, light switches (rubbing alcohol or glass cleaner)
8. Company vehicles: Steering wheel, handles, control buttons, shift stick, etc

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Fdhqg#iuhxhqw|#wxfkhg#renfw#dqg#vxuidfhv#z lk#d#
uhfrjql}hg#fhdqbj#vsud|#ru#z lsh#vxuidfdq#vrds ,#. #
glvqihfdq#h1j 1#Fkarubh,,
Vsud|#fhdqbj#dj hqw#rqr#wk#fark/#qrw#ghfwq|#qrw#wk#
hdfwlfq#dsddqf#dv#p r lwxh#ruh{fhv#dt xlg#fdq#gdp djh#
dqg#kruw0lufxw#hdfwrfqfv#qvlg#

Xvlbj#d#p ddp rxqr#ru#eebj#dfrkr#ru#dv#fhdqhu#rq#
d#bw0iuh#fark#

Z khq#fhdqbj#wrlhw#ioxk#wrlhw#z lk#dg#grz q1

Qr#qhhg#ru#SSH/#h{fhsw#l#fkh#lfdq#hbj#xvhg#kdyh#
rffxsdwlrqdauln#h1j 1#Fkarub#vrxwlrq#z lq#lihf#wnlq/#kxv#
z hdu#joryhv,

D i h u # f d d q l q j # z l k # g h w h u j h q w # d q g # z d w h u # d # g l v b i h f w d q w #
v r o x w i r q # v k r x o g # e h # x v h g # r i # l k h u # 3 1 4 (# f k a r u b q h # r u # 9 5 0 : 3 (#
d d f r k r e # V r o x w i r q # 5 # s d u w # d d f r k r e 4 3 3 (, # D 4 # s d u w z d w h u ,

Reduce the possible impact of disease

Adopt a healthy lifestyle

1. healthy food,
2. regular physical exercise,
3. no smoking,
4. moderate alcohol,
5. positive thinking

Dgrswd#khok | #hvw|n#bfundv|qj #kh#pdxud#p p xqlw| #dgg#
vwuqj wkhq|qj #kh#erg | #vr#lj kw#dg lndv#dgg#kxv#kh#
h{whqw#dgg#hyhulw| #r#kh#v|p swrp v#

Khdok | #irrg/uhjxou#sk | vlfddh {huflvh/#qr#vp rnlqj /#
p rghudw#dfrkro#xvh/#vdih#guly|qj /#hwf1

Srvlyh#k.bnlqj #dq{ hwlhv#z lothgxfh#uhv|wdqfh#dgg#
p p xqlw| #

Eh#vhdvfwyh#qj| rxu#vrflddp hglb#p hvvdj|qj /#frqgxfw#hdu#
dyr|gdqfh

Training, Training, Training

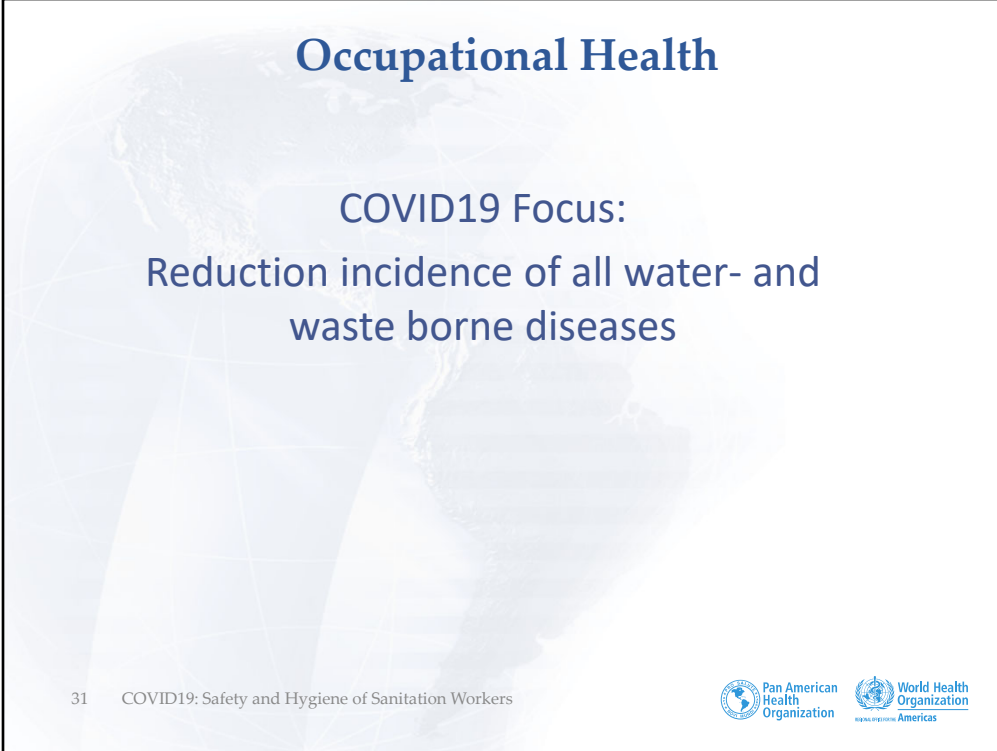
1. How to properly use the PPE
2. What PPE in case of injuries
3. Routine protocols

Hqv xuh#kdw#z runhuw#duh#hgxfdwg#dqg#wulbhg#q#

Z kdw#SSH#wr#xvh#wr#surwhfw#urnhq#vnlq#dqg#p xfrxv#
p hp eudghv#dqg

Krz #wr#surshuq#xvh#kh#SSH/#qfoxg bqj #krz #wr#sxw#wr#q#dqg#
wvnh#wr#i#grqq bqj #dqg#gril bqj ,

Ghyhars#dqg#ixw#p sdp hqw#urxwqh#surw#frow#kdw#hqv xuh#
z runhuw#duh#surwhfwg#djdlqw#srwhqwdch{srvxuhv#h1/#
suhyhw#frqwdfw#lk#urnhq#vnlq/#h/hv#qrvh#ru#p rxwk#z khq#
kdqgdqj #xqwhdwg#vhz djh1



Occupational Health

COVID19 Focus: Reduction incidence of all water- and waste borne diseases

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 Pan American Health Organization
  World Health Organization

Dssd|lqj#kxvh#suyhqwlyh#dgg#surwfwlyh#p hdxuhv#
 z lqvljqlilfdqwo|uhgxfh#kxh#lqflghqfh#r i#lqz dwhu0 dgg#
 z dwh#erugh#lhdvhw#r#z klfk#vdqlwdrq#z runhu#dun#
 h{srvhg#dgg#uhgxfh#kxh#rffxsdwlrqdd#khdok#uln#wr#
 dq|erg|#z kr#z runv#z lk#z dwhz dwhul

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