

Be Supportive



Be Careful



Be Kind



Be Alert

Health & Safety of Sanitation Workers during

# COVID-19 PANDEMIC

A pocketbook for the City's Swachhta Warriors!

Prepared by : CSE Programme Support  
Unit (PSU) DoUD, State Govt. U.P



Be ready to stop the spread of COVID-19

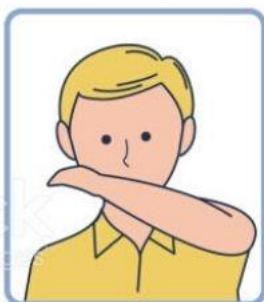


COVID-19 is an infectious disease caused by the "novel corona virus". COVID-19 spreads mainly by droplets produced as a result of coughing or sneezing of a COVID-19 infected person. Can be transmitted after touching infected surface and then touching your mouth, nose or eyes.

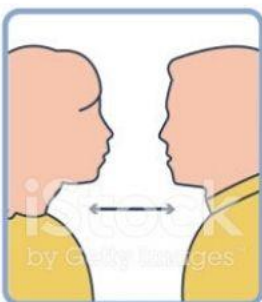
## COVID-19 Precautions



Always wear a mask when going out of home



Cover your mouth with elbow or handkerchief when sneezing, wash handkerchief after one use.



Maintain a distance of at least one Metre between you and other people when in public places.



Wash your hands frequently with soap after touching frequently touched places



Clean your hands with Alcohol based sanitizer, in absence of soap

## SYMPTOMS OF COVID-19

Source: World health Organization (WHO)



Fever



Dry Cough



Difficulty in breathing

## Other Symptoms



Aches and pain



Runny Nose/Nasal Congestion



Sore Throat



Diarrhea

## CoronaVirus Helpdesk

**+91-11-2397 8046**

or

**1075** (Toll Free)

**Prepare, Don't Panic**



Do not touch nose, eyes and mouth

## How to Wash Hands



19\_Sanitation and Hygiene in Densely Populated Areas\_17




**Aarogya Setu App** developed by Government of India aims at connecting COVID19 health services with the mass. It informs the people of potential risk of COVID19 and the best practices to be followed to stay healthy through various initiatives of government

### HOW TO DOWNLOAD

#### STEP 1

- Go to Playstore  on Android **OR** to Appstore  on IOS

#### STEP 2

- Search Aarogya Setu app 

#### STEP 3

- Click on the first app shown in the list and install

Government has made it mandatory for all its employees and people residing in containment zones to download Aarogya Setu App

### HOW TO USE

#### STEP 1

- Open the App and select your preferred language (English/Hindi/Other) and click on **Next**

#### STEP 2

- Switch on Device location  and Bluetooth  and click **I Agree**

#### STEP 3

- Click on **Register Now** and enter your mobile number

#### STEP 4

- Enter the OTP sent to your number

#### STEP 5

- Provide your basic personal details such as gender, name, age, profession, etc

#### STEP 6

- Finally, it will ask you to take a 20 seconds 'Self Assessment' for COVID19 risk

App will now tell your status and will inform you about probable infected persons nearby





## HOW TO HAND WASH



**Wet hands  
with water**



**Apply enough  
soap to cover all  
hand surfaces**



**Rub your hands  
thoroughly**



**Turn off the tap  
while soaping**



**Open tap to rinse  
hands with water**



**Dry hands  
with towel**

## WHEN TO HAND WASH



**Before and  
after eating**



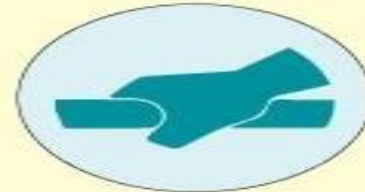
**After coughing/  
sneezing**



**After using  
the bathroom**



**After giving/  
receiving money**



**After frequently  
touching surfaces**



**When returning  
back home**

**20  
SEC**

**Together we can help  
stop the spread, save  
water and stay healthy**

Use handsanitizer when soap not available

# Wearing Reusable Face Masks

Source: WHO



Wash hands before putting on mask



Wear mask the same way each time: same side facing out



Mask needs to cover nose and mouth



Do not touch your mask while wearing it



If you touch your mask wash/sanitize hands immediately



Do not remove your mask to talk to others

# Removing Reusable Face Masks



Do not use dirty masks, always wash between use



To remove mask take straps and pull forward



Wash hands before and after removing mask



Place mask in plastic bag until ready to wash



Wash mask with hot water and detergent, completely dry mask before reuse



# Definitions

**Quarantine Home:** places where suspected people or the contacts of suspected / confirmed cases who have been directed by authorized hospitals or local authorities to stay at home for at least 14 days or more for observation for any symptom of COVID-19



**Home Care:** home where care is to be provided to a COVID-19 positive patient at home.

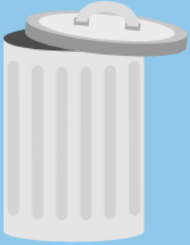
**Isolation ward:** wards in healthcare centres where COVID-19 positive patients are being kept for treatment / diagnosis)



**Biomedical Waste:** includes used syringes, date, expired or discarded medicines, used masks/gloves and in case of patients with other chronic diseases may also include drain bags, urine bags, body fluid or blood soaked tissues/cotton, empty ampules etc



# Guidelines for Management of waste from Quarantine Homes/Home Care Centres



**General waste from Quarantine facilities shall be disposed as solidwaste as per provisions under SWM Rules, 2016.**



**Biomedical waste generated from Quarantine facilities would be treated as 'domestic hazardous waste' as defined under Solid Waste Management Rules, 2016, and shall be disposed as per provisions under Biomedical Waste Management Rules, 2016.**

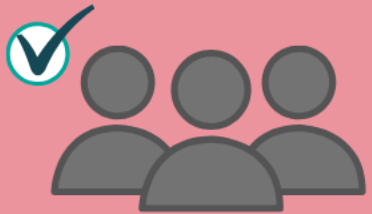


**Used masks and gloves generated form home quarantine or other households should be kept in paper bag for a minimum of 72 hours prior to disposal of the same as general waste. It is advisable to cut the masks prior to disposal to prevent reuse.**

# Responsibility of Urban Local Bodies in managing Biomedical waste from Quarantine Homes / Home Care Centres



**Create a separate team of workers who shall be engaged in biomedical waste management at waste deposition centre or quarantine homes or home care centres.**



**Ensure that only designated staff collects biomedical waste from quarantine facilities or home care.**



WASTE DEPOSITION CENTRE

**Establish a waste deposition centre for storing of biomedical waste from quarantine homes / home care facilities.**



TREATMENT FACILITY

**Operator of Common biomedical waste Treatment Facility shall pick-up the biomedical waste from this waste deposition centre and transport it to the Treatment Facility.**



# Checklist for ULB authorized Sanitation workers for managing Biomedical Waste from Quarantine Homes/ Home Care Centres



**Biomedical waste from Quarantine home or home care shall be collected in a yellow coloured bags. The bags can also be labeled COVID-19 Waste.**



**The staff involved in handling and collection of waste from quarantine homes or home care centers shall be provided with adequate PPE such as 3 layer masks, splash proof aprons/gowns, heavy-duty gloves, gum boots and safety goggles. These PPEs are required to be worn all the time while collecting of waste from quarantine facility / home care / waste deposition centres.**



**Ensure that, waste collectors arriving at quarantine center or at home care shall spray the disinfectant (1% Sodium hypochlorite solution) on the bin used for yellow bag.**



**Use dedicated carts / trolleys / vehicles for transport of biomedical waste. Ensure sanitization of vehicles with 1% hypochlorite after each trip.**

# Checklist for City Incharge / Supervisor



## MANDATORY ORIENTATION OF SANITATION WORKERS

Orientation should be given for COVID-19 protocol including regular updates of advisories issued by the government



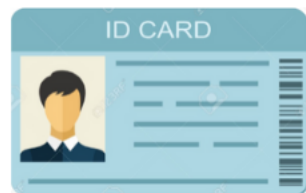
## ENSURE THERMAL SCANNING AND HAND WASH OF SANITATION WORKERS

Sanitation workers should be subjected to thermal scanning after coming/going back from work place and mandatory handwash with soap



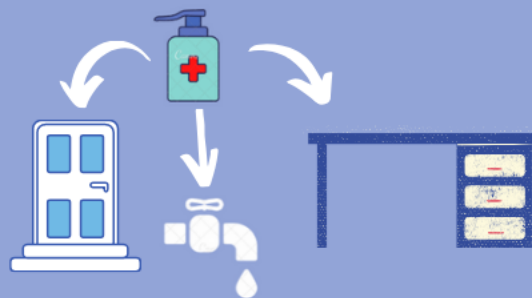
## SEEK MEDICAL ATTENTION, IF ANYONE FEELS DISCOMFORT/SICK

In case any worker feels sick, he should be sent for medical examination and subsequent treatment as required



## ENSURE WORKERS HAVE GOT ID CARDS/PASSES/PERMISSION LETTER

Every worker has ID card / Passes / permission letter from the ULB and carries it for work during lockdown



## CLEAN FREQUENTLY TOUCHED AREAS WITH DISINFECTANT

Sanitize frequently touched surfaces like door knobs, water taps, tables, etc every 2-4 hours



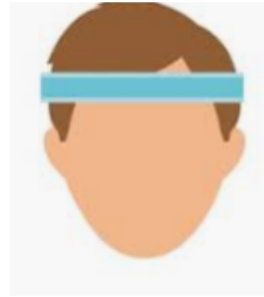
## ENSURE SOAPS/SANITIZERS AT WORK PLACE/OFFICE

Adequate quantity of soaps/sanitizers should be available at work place

# **Minimum Personal Protective Equipments (PPE) required for Sanitation workers**



**Mask**



**Head band**



**Gloves**



**Footwear covering whole  
foot / Gum Boots**



**Apron/ Jacket**



**Wrist band**



# **Personal Protective Equipment (PPE) required for sanitation workers involved with Biomedical Waste from QuarantineHomes / Homecare centres / Isolation wards**



**3 layered mask**



**Gum boots**



**Splash proof apron/gown**



**Safety goggles**



**Heavy duty gloves**

# GOOD PRACTICES TO BE FOLLOWED BY SANITATION WORKERS



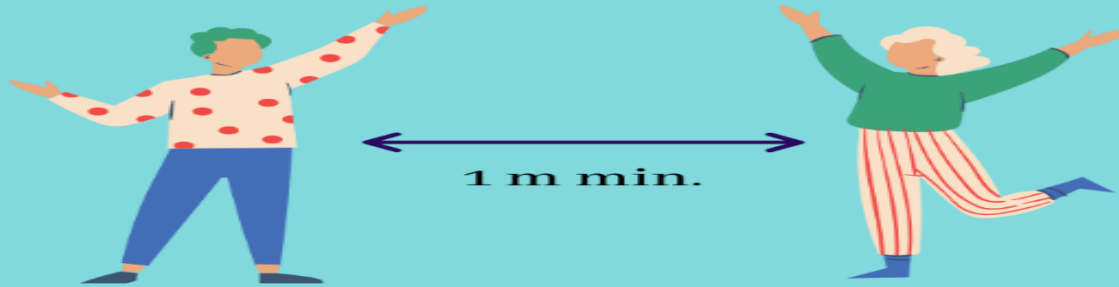
## OBTAIN ID CARD FROM URBAN LOCAL BODY

Always carry ID card/Permission letter from ULB for movement during lockdown



## CHANGE WORK CLOTHES AT DESIGNATED AREAS

Always use masks, gloves, boots and appropriate clothing while at work. Carry extra set of clothes for work



## MAINTAIN SOCIAL DISTANCING FROM EACH OTHER

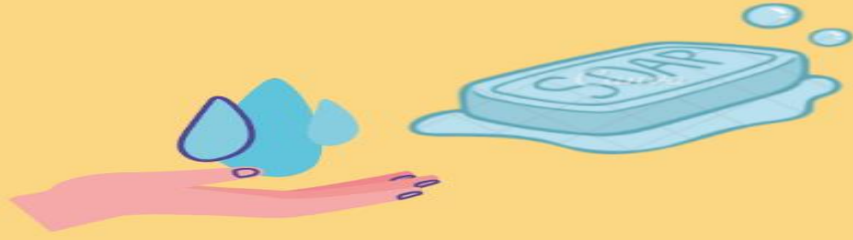
Workers should maintain at least 1 m distance from each other and general public



## NEVER TOUCH FACE WITH GLOVES OR KEEP THEM IN POCKET

Its better to keep gloves in designated plastic bags





### **WASH HANDS BEFORE AND AFTER ANY ACTIVITY**

Wash hands with soap and water before and after performing sanitation activities and any time you remove your gloves.



### **NEVER TOUCH WASTE/GARBAGE WITH BARE HANDS**

Wash hands/body surface accidentally coming in contact with waste material



### **AFTER WORK, WASH & CLEAN PPE AND TOOLS**

Wash and clean work tools and PPE with water and disinfectant and keep in sun for drying



### **TAKE BATH AFTER FINISHING WORK**

In case, bathing facility is not available at work place, bath immediately after reaching home



# Specific precautions for different Sanitation workers

## Vacuum tanker operator



**Barricade the desludging area**



**Hold desludging pipe only after wearing gloves**



**After faecal sludge is emptied, clean the pipe and barricade**



**Sprinkle lime powder, if faecal sludge is spilled**



**Immediately wash hand with soap/sanitizer if exposed to faecal sludge**



**Disinfect the vacuum tanker and other equipments after desludging activity**

## Door to door waste collector / Street sweeper



**Do not touch dustbins or garbage with bare hands**



**Ask citizens to throw garbage directly into your bin or vehicle**



**Do not collect biomedical waste from quarantine homes unless you are told to do so by the ULB**



**Ask citizens to dispose used masks / gloves in separate paper or plastic bag**



**Use sheet/pan to pick to littered garbage**



**Take extra care while picking up waste carrying saliva like ice cream sticks, used bottles etc.**

# Sewage Treatment Plant/Faecal Sludge Treatment Plant Operator



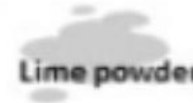
**Wash your face, eyes, nose if exposed to sludge**



**Do not touch unnecessary objects**



**Collect sample with caution while receiving faecal sludge**



**Sprinkle lime powder / disinfectant, if faecal sludge is spilled**



# Community / Public Toilet Operator



**Draw circles outside facility to make users follow social distancing**



**Always collect user charges while wearing gloves**



**Always wear personal protective equipment while cleaning the toilets**



**Instruct users to maintain at least 1 metre distance and wash hands after using toilet**

# HOW TO DISINFECT PUBLIC PLACES IN AREAS REPORTING COVID-19

## HIGH FOOTFALL AND HIGHLY DENSED AREAS



OFFICE



PUBLIC TOILET



BUS STAND



RAILWAY STATIONS



SHOPS



PARKS

**CLEAN ALL FREQUENTLY TOUCHED PLACES WITH DISINFECTANT**  
(1% sodium hypochlorite)



Call buttons



Entrance lobbies



Corridors



Staircases



Security guard booth



Chair handles



Handrails/ handles



Elevator buttons



Office rooms



Cafeteria



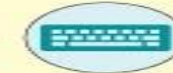
Table tops



Pens



Diary/ files



Keyboards



Mouse

**1 : 2.5**  
Bleach : Water  
**SODIUM HYPOCHLORITE LIQUID BLEACH**

**1 : 4**  
Bleach : Water  
**SODIUM HYPOCHLORITE LIQUID**

**17<sup>GMS</sup> : 1<sup>L</sup>**  
Powder : Water  
**NADCC**  
(SODIUM DICHLOOROISOCYANURATE)

**11 : 1<sup>L</sup>**  
Tablets : Water  
**NADCC**  
(1.5G/TABLET)

**80<sup>GMS</sup> : 1<sup>L</sup>**  
Powder : Water  
**CHLORAMINE**

**7<sup>GMS</sup> : 1<sup>L</sup>**  
Powder : Water  
**BLEACHING**

## HOW TO MAKE 1% SODIUM HYPOCHLORITE SOLUTION

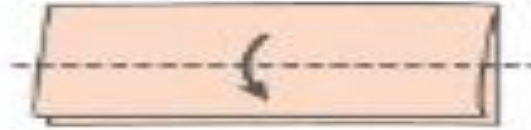
It is advisable to use freshly prepared 1% sodium hypochlorite (Common Bleach)

**IMP:** Clean the equipment used in cleaning at the end of the cleaning process.

PPE used by the cleaner should be discarded in a yellow disposable bag and should wash hands with soap and water

# How to make a mask from Handkerchief

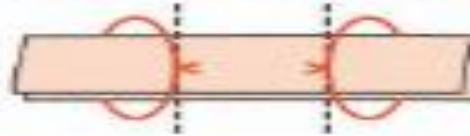
1. Fold a handkerchief in half and then fold it in half again



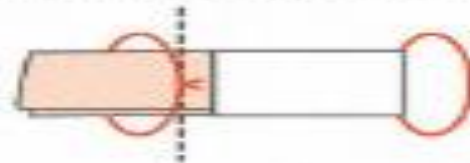
2. Thread elastic bands at width intervals of around a third on either side

**Point**

**Hair ties and craft bands are recommended!**



3. Fold the thirds at either side



**Finished  
mask**

