Be Supportive

Be Careful

Health & Safety of Sanitation Workers during

COVID-19 PANDEMIC

A pocketbook for the City's Swachhta Warriors!

Be Kind

Be Alert

Be ready to stop the spread of COVID-19

Prepared by : CSE Programme Support Unit (PSU) DoUD, State Govt. U.P
COVID-19 is an infectious disease caused by the “novel coronavirus”. 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.

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

1a. with sanitizer
1b. with soap
2. with soap and water
3. 20-30 seconds with sanitizer
4. 40-60 seconds with soap and water

Aarogya Setu App developed by Government of India aims at connecting COVID-19 health services with the mass. It informs the people of potential risk of COVID 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 Appstore on IOS
STEP 2
- Search Aarogya Setu
STEP 3
- Click on the first app shown in the list and install

HOW TO USE

STEP 1
- Open the App and select your preferred language (English/Hindi/Other) and click on
STEP 2
- Switch on Device location and Bluetooth and click
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

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

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

Use handsanitizer when soap not available.
Wearing Reusable Face Masks

- 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

Source: WHO
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 solid waste 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 from 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.

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

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/go 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

Source: Ministry of Social Justice and Empowerment
Personal Protective Equipment (PPE) required for sanitation workers involved with Biomedical Waste from Quarantine Homes / Homecare centres / Isolation wards

3 layered mask

Gum boots

Splash proof apron/gown

Safety goggles

Heavy duty gloves

Source: Central Pollution Control Board
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**
It's 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
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
- Do not collect biomedical waste from quarantine homes unless you are told to do so by the ULB
- Use sheet/pan to pick up littered garbage
- Ask citizens to throw garbage directly into your bin or vehicle
- Ask citizens to dispose used masks / gloves in separate paper or plastic bag
- 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 wear personal protective equipment while cleaning the toilets
- Always collect user charges while wearing gloves
- 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)

1 : 2.5
Bleach : Water
SODIUM HYPOCHLORITE LIQUID BLEACH

1 : 4
Bleach : Water
SODIUM HYPOCHLORITE LIQUID

17 GMS : 1 L
Powder : Water
NADCC (SODIUM DICHLOOROISOCYANURATE)

11 : 1
Tablets : Water
NADCC (1.5G/TABLET)

80 GMS : 1 L
Powder : Water
CHLORAMINE

7 GMS : 1 L
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