

# How does the novel coronavirus get transmitted?

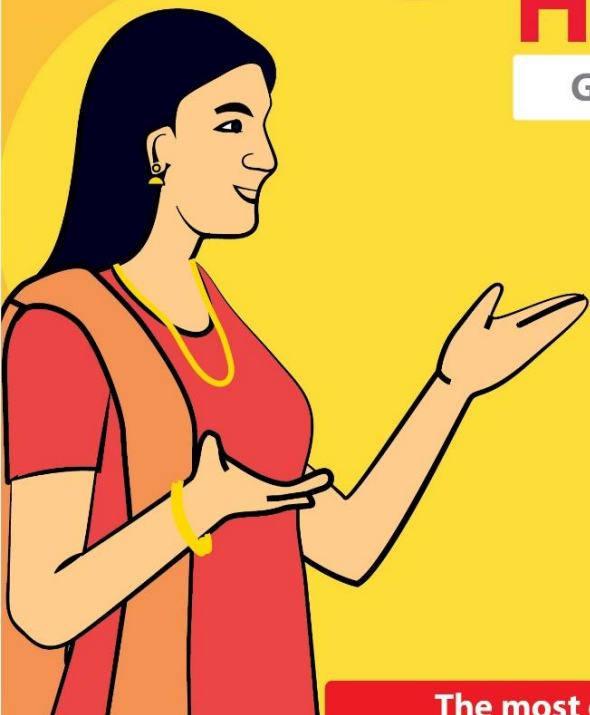


The virus mainly spreads from person to person through respiratory droplet transmission in close contact.

The virus can survive on surfaces and can also be transmitted as a contact infection by handling materials or surfaces contaminated with the sputum or respiratory droplet of an infected person.

# How to stay safe?

General preventive and mitigation measures



The most effective preventive measures in the community include:

- Wash your hands regularly with an alcohol-based hand rub or with soap and clean water. If your hands are visibly dirty use only soap and water.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose when coughing or sneezing. Cough/ sneeze into a tissue or flexed elbow and immediately dispose of the tissue.

- Wear a medical mask if you have respiratory symptoms and wash hands using soap after disposing of the mask.
- Maintain physical distance (a minimum of 1 metre) from persons with respiratory symptoms.
- Avoid unnecessary travel and stay away from large groups of people.
- Stay at home if you feel unwell.
- Use headphones/ speaker phones when using mobile phone to avoid touching face.

## Recommended Good Practices at CT/PT for sanitary workers





# Recommended Good Practices at CT/PT for sanitary workers

நவீன பொது கழிப்பிடம்



Ensure soaps or hand sanitizers are available at the toilet premises and encourage its usage by toilet users.

Encourage payment through coins. The coins collected may be used after disinfecting.



# Recommended Good Practices at CT/PT for sanitary workers

நவீன பொது கழிப்பிடம்



GENTS

1M

Use physical barriers to ensure at least 1 m distance from the users at the user fee collection counters.

Direct users to maintain physical distance (1 m) among themselves and properly clean the toilet bowls after use.



LADIES



## Recommended Good Practices at CT/PT for sanitary workers

Clean frequently touched surfaces (door handles, armrests, table tops, light switches, water taps) frequently (once every 2-4 hours) with disinfectant.




## Recommended Good Practices at CT/PT for sanitary workers

Clean the toilet bowl  
at least two to three  
times per day.  
Depending on the usage  
clean more often.



## Recommended practices for cleaning toilet premises and bowls at CT/ PT



Wear gloves, disinfect door handles, taps, shower, mirrors and soap dispensers in the toilet with a wet cloth and disinfectant.

Put the cleaning cloth in the laundry bag.



## Recommended practices for cleaning toilet premises and bowls at CT/ PT



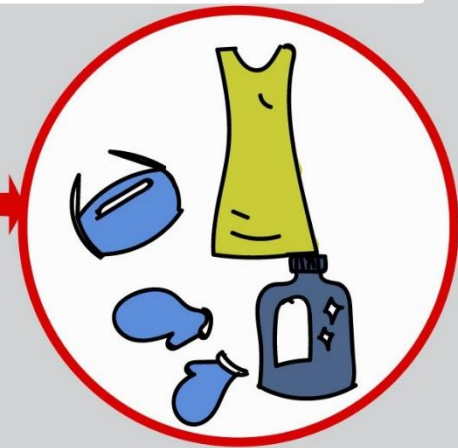
- While cleaning a toilet bowl, wear protective gloves.
- Apply detergent on the toilet bowl, on both sides of the lid and on the seat (for western) and foot rest (for Indian). Flush the toilet.
- Apply the toilet bowl cleaner on the bowl while paying special attention to stains. Clean the bowl with a toilet brush.
- Wash the brush when you flush the toilet.
- Disinfect the gloves and put them in their designated container.

## Recommended practices for cleaning toilet premises and bowls at CT/ PT

Clean the floor with the floor cleaning equipment and the multi-purpose cleaner.

Wash and clean the equipment and the gloves as well as their container with water and the disinfecting cleaner.

Clean the floor cleaning equipment and the contact surfaces of the cleaner containers with the disinfectant.



## Recommended practices for cleaning toilet premises and bowls at CT/ PT



After this, wash the gloves you wore using disinfectant. Wash your hands with water and soap up to your elbows.



## Recommended practices for cleaning toilet premises and bowls at CT/ PT

The work clothes must be washed using disinfectant at the workplace.



CHANGE ROOM

Remove your work clothing and put on your personal clothes at the changing area, before you exit the workplace.





## Recommended practices for cleaning toilet premises and bowls at CT/ PT

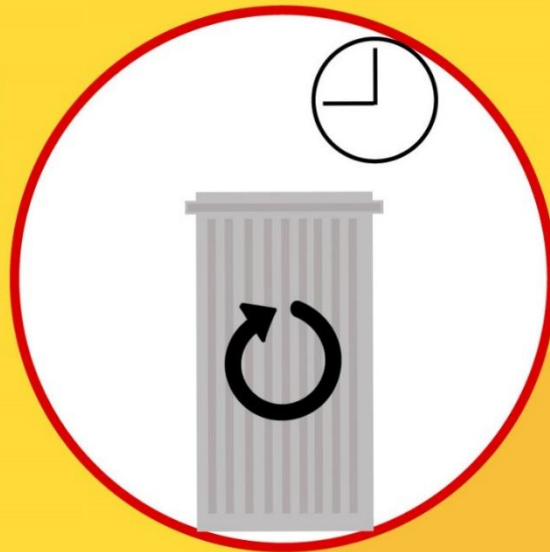


Use leakproof and easily removable bags in waste bins.

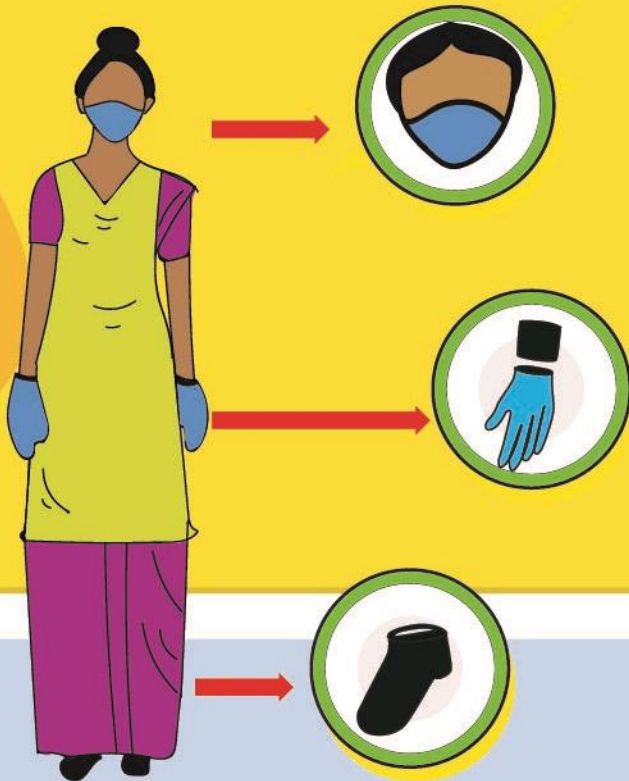
Monitor waste bins and do not let them get more than three-quarters full.

Empty waste bins daily.

The collected bin bags must be closed tightly and disposed as per ULB.



# Recommended Good Practices at CT/PT for sanitary workers



## Choice of PPE

- Cloth mask.
- Gloves.
- Head band and Wrist band.
- Foot wear covering whole foot/  
gum boots.

## How to put on and remove ppe?

1. Cover nose and mouth with mask and secure ties/elastic band behind the head and neck. While removing: Front of mask is contaminated — DO NOT TOUCH! Grasp bottom ties or elastics and remove without touching the front.




2. Wear gloves . Outside of gloves are contaminated, used gloved hand to remove other glove, follow this procedure to remove other glove



3. Wear Boots to cover your legs. Remove Boots with gloved hands.



## Hand hygiene should be performed at all five moments.

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- Before putting on PPE and after removing it, when changing gloves
  - After any toilet cleaning or maintenance activity.
  - After contact with any respiratory secretions
  - Before eating
  - After using the toilet