

# How does the novel coronavirus get transmitted?

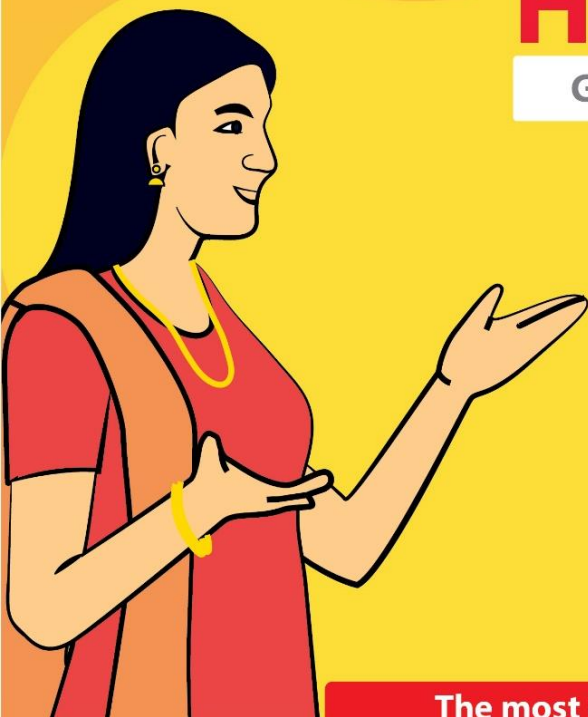


The virus mainly spreads from person to person through respiratory droplet transmission in close contact.

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 for De-sludging Operators



- Obtain ID card or permission letter from the ULB and always carry them for movement during lockdown period.
- Work cloths must be worn before starting the day's work. Always use mask, non disposable gloves, footwear and appropriate clothing (like long sleeved shirt, long trousers) before starting desludging operations.
- Ensure hand sanitizers and soap is available in the desludging vehicle.
- While desludging, maintain physical distance (1m) with members of households.
- Use hand sanitizers frequently.

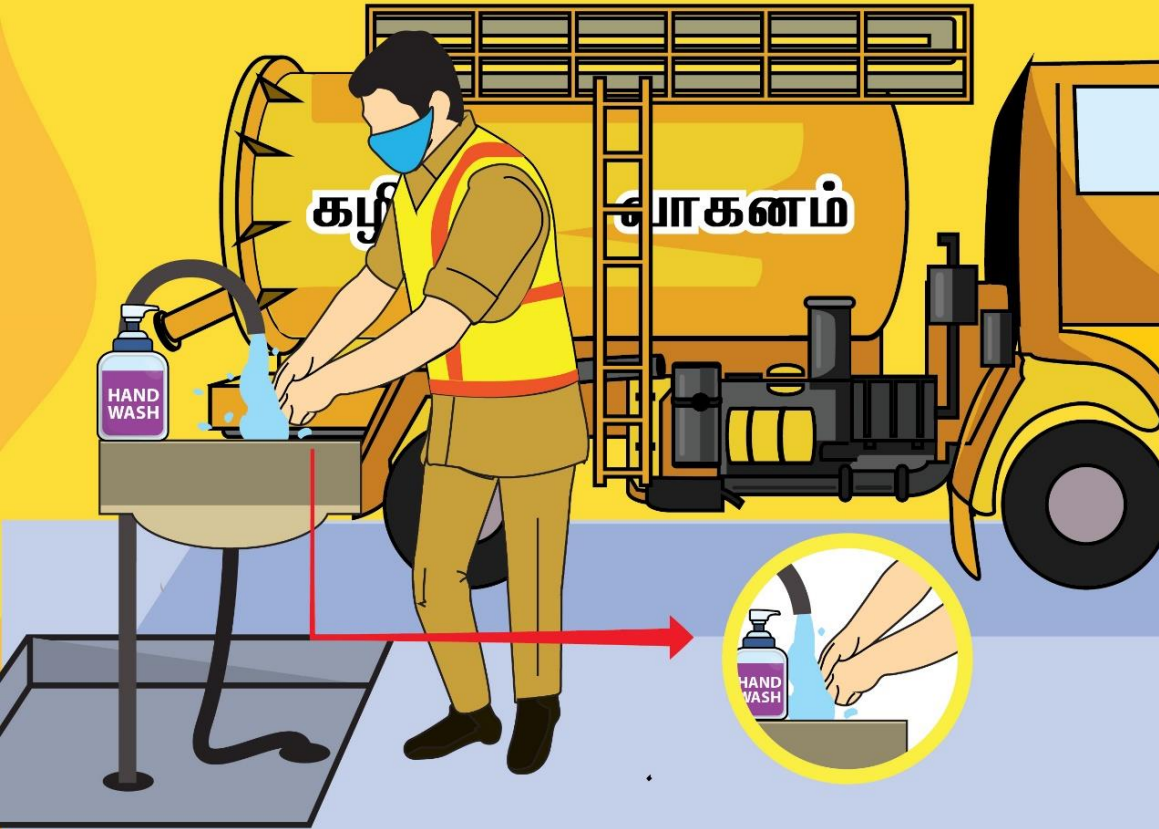
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## Recommended Good Practices for De-sludging Operators



**Never enter any septic tank.**

## Recommended Good Practices for De-sludging Operators



**After the sludge is emptied from septic tank, clean the pipe using disinfectant and place it back in the truck.**

**Wash hands and any surface which came in contact with fecal sludge using soap.**



## Recommended Good Practices for De-sludging Operators



- After reaching the FSTP reconnect the pipe, open the release valve and transfer the fecal sludge to the receiving facility.
- Avoid spillage of fecal sludge throughout the operations. In case of spillage sprinkle lime powder over the spillage and clean the surface using disinfectant.
- Wash hands after performing any task with possible exposure to fecal sludge.

# Recommended Good Practices for De-sludging Operators



- Working cloths and reusable PPE must be cleaned thoroughly using water added with disinfectant.
- Wear personal cloth before leaving from work.

## Choice of Disinfectant

- Hand wash- preferred option:
  - a. Soap and water.
  - b. Alcohol-based hand rub (if hands are not visibly dirty).
- Sodium hypochlorite at 0.5% (equivalent 5000ppm) for disinfection of surfaces and reusable gloves.
- Mildly alkaline all-purpose detergent for cleaning surfaces .

# Recommended Good Practices for De-sludging Operators



## 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.



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

