

How is the novel coronavirus transmitted?

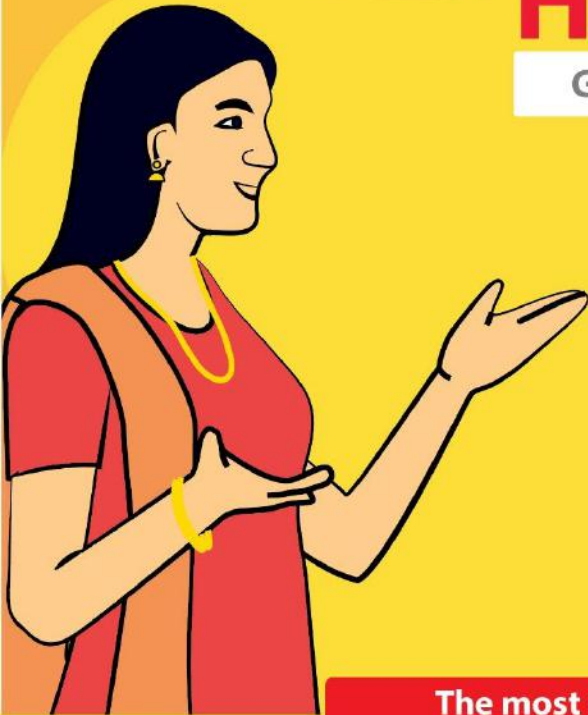


The virus mainly spreads from person to person through respiratory droplet transmission in close contact.

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 solid waste collectors



- Obtain ID card or permission letter from the ULB and always carry them for movement during the lockdown period.
- Work clothes must be worn before starting the day's work. Always use mask, gloves, footwear and appropriate clothing (like long sleeved shirt, long trousers) to cover skin and hair as much as possible before starting work.

Recommended good practices for solid waste collectors



- **Ensure hand sanitizers and soap are available in the solid waste collection vehicle.**

Recommended good practices for solid waste collectors



- **Workers should maintain at least 1 meter of distance from each other. If workers are in groups, maintain smaller groups and be in the same groups day after day so that if someone falls ill with COVID-19 it will be easier to identify and take appropriate measures.**

Recommended good practices for solid waste collectors



- While collecting waste from households, maintain physical distance (1m) with members of households. Use hand sanitizers frequently.

Recommended good practices for solid waste collectors



- Any solid waste may be contaminated by the virus. Coronaviruses are believed to live on surfaces extended time period. Never touch waste with bare hands.
- Wash hands and any body part which came in contact with waste using soap.

Recommended good practices for solid waste collectors



- **Avoid exposure to fumes or dust from waste materials, especially when waste is being transferred or compacted.**

Recommended good practices for solid waste collectors



- **Avoid putting your gloves in your pocket (better to store them in a designated plastic bag). Never touch your face with gloves.**

Recommended good practices for solid waste collectors



- Wash hands with soap and water before and after collection routes and any time you remove your gloves.

Recommended good practices for solid waste collectors

XXX CITY CORPORATION	
COVID 19 : கைநிலை செய்து DO NOT VISIT / கைநிலை செய்து HOME UNDER QUARANTINE கைநிலை செய்யப்பட்டுள்ளது	
FROM	TO
NAME	
ADDRESS	
XXXXXXXXXX	
NUMBER OF PERSONS	



- **Bio-medical waste from households with covid related quarantined persons must be collected only by ULB authorised bio-medical waste collectors.**

Recommended good practices for solid waste collectors



- After work, working clothes and reusable PPE must be cleaned thoroughly using water added with disinfectant.

Recommended good practices for solid waste collectors

CHANGING ROOM



- **Take a bath using soap after the day's work.**
- **Wear personal clothes at the changing area before leaving home from work.**

Recommended good practices for solid waste collectors



Choice of PPE

- Cloth mask
- Gloves
- Head band and Wrist band
- Footwear covering whole feet/
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 cleaning or maintenance activity
- After contact with any respiratory secretions
- Before eating
- After using the toilet



IIHS

- The Indian Institute for Human Settlements (IIHS) is a national education institution committed to the equitable, sustainable and efficient transformation of Indian settlements. IIHS work spans across urban sectors including housing, land, water and sanitation, economic development and climate change.
- IIHS is currently a 150+ strong institution with significant portfolios of research, practice and executive education, based out of Bengaluru, Mumbai, Chennai, Delhi and Tiruchirapalli.

TNUSSP

- The Tamil Nadu Urban Sanitation Support Programme (TNUSSP) — a consortium of organisations led by IIHS — supports the Government of Tamil Nadu (GoTN) to effect improvements along the entire urban sanitation chain, particularly Fecal Sludge Management, across 663 towns and cities in the State.
- Sanitation workers are an integral part of this programme, and TNUSSP has been working with them in select cities to improve their health, occupational safety, welfare and livelihoods.



<http://tnussp.co.in/>