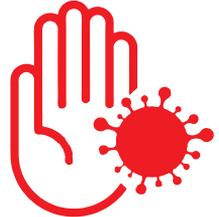


Infection Prevention and Control Measures for Homes and Workplaces

Background

- Covid 19 is a respiratory illness caused by a virus called SARS-CoV-2.
- The virus is spread through respiratory droplets (large particles) from infected people when they cough, sneeze or speak
- The droplets do not stay in the air for long (especially if there is good ventilation) and fall to the ground or surfaces within 1-2m
- These droplets can also land in the mouth, nose or eyes of people who are nearby (within 1-2 m) leading to transmission
- Another route of transmission is when a person touches contaminated surfaces, then touches their eyes, nose or mouth leading to the transfer of the virus from the surface to the person



Given the route of transmission there are four important measures to reduce transmission:

1. Ventilation

Ensure good ventilations:

- Open windows and doors wherever possible to increase air exchange (ideally there should be a draft)
- Open the windows in cars when travelling
- Work or meet outside
- Ensure your staff takes tea and lunch breaks outside

2. Social distancing

Avoid close contact (<1-2m) to other people

- Space out the workplace so that desks are at least 1m apart
- Reduce the number of people working in one room (implement a shift system or ask people to work from home)
- If social distancing is not possible encourage people to wear masks (covering their nose) - the best masks are surgical fluid repellent masks (masks should be changed on a daily basis).

WHAT IS CLOSE CONTACT in the RISK ASSESSMENT:

1. Face-to-face encounter with a probable or confirmed case
2. Within less than 1.5m apart
3. For more than 15 minutes
4. Both were not wearing masks



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3. Cleaning

Frequent cleaning of surfaces (especially those touched by many people such as door handles) is extremely important. A minimum of twice daily cleaning should be implemented. Cloths and mops used for cleaning should be frequently washed with hot water and detergents.

- Cleaning should be done with 0.5% hypochlorite, NOTE:
 - i) the correct dilution can be made up from household bleach
 - ii) 0.5% hypochlorite should be stored in properly sealed opaque containers for a maximum of 30 days (preferably less) - if exposed to light the disinfectant potential may be reduced
 - iii) 0.5% hypochlorite may cause skin irritation, gloves should be worn
- Cleaning of electronic devices can be done with 70% alcohol (preferably a solution without glycerin) dependent on the device



4. Hand hygiene

Hands touch many surfaces and thus can become contaminated with the virus. This is why hand hygiene is crucially important.

- Water, soap and single use towels should be made available for all employees.
- Employees should be instructed to wash their hands with soap for 40–60 seconds frequently.
- Hand washing with soap and water is the preferred method of hand hygiene (over hand sanitizer)
- If soap and water are not available, hand sanitizers should be used for example hand sanitizer based on 70% alcohol



5. Sneezing and coughing

Employee should be instructed about sneeze and cough etiquettes. When using a tissue, the tissue should be discarded after use and hand hygiene observed. Hand hygiene should also be observed for anybody coughing or sneezing into their hands.

1. Practice social distancing
2. Coughing/ sneezing etiquette
3. Avoid touching face
4. Wear cloth masks properly and wash daily

Cough or sneeze into your elbow

