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1. All health care waste produced during the care of COVID-19 patients must be considered as infectious waste and should be collected safely in designated containers and bags, treated and then safely disposed (WHO).

2. Train the staffs who are assigned in handling and disposal of waste management.

3. Train staffs on how to put and remove PPE.

4. Ensure necessary PPE (Gown, gloves, face mask, goggles or face shield, gumboots) is provided to all staffs.

5. Ensure staffs wear PPE when handling and disposing waste according to the guideline.

INSTRUCTIONS ON WASTE DISPOSAL FOR FACILITIES WITH WASTE AUTOCLAVES

HEALTH CARE WASTE

Empty dustbin and discard waste in each shift, and report

GENERAL WASTE

Food waste, paper, disposable cups, plates, spoons etc

1. collect in DOUBLE black bag
2. Close and tie when 2/3rd full
3. Label (Name of the facility, Date and time)
4. Incinerate OR burn (away from households and away from facility)

INFECTIONOUS WASTE

Gown, gloves, apron, shoe cover, disposable linen, mask etc

1. Collect in small Autoclavable bio hazard bags
2. Close and tie lose when 2/3rd full
3. Label (Name of the facility, Date and time)
4. Autoclave
5. Put in black bag and tie properly
6. Transport out as general waste

SHARP WASTE

1. Autoclave
2. Put in black bag and tie
3. Label (Name of the facility, Date and time)
4. Label as “TREATED SHARP WASTE”
5. Securely transfer out for incinerating or burning

NAPPY

1. Collect Nappies separately in DOUBLE black bag
2. Close and tie the bag properly
3. Label bag (Name of the facility, Date and time)
4. Incinerate OR burn (away from population and away from facility)

NOTE: If unable to incinerate or burn keep the infectious waste bags for 72 hrs., preferably in outdoor under sunlight. (in an area not accessible to people) and dispose as municipal waste with precaution

Wear FULL PPE before handling waste (follow the sequences of putting on and removal of PPE)
Procedure for burning of general waste (Instructions by Ministry of Environment):

1. Remove/cut lid of an empty oil barrel (standard size)
2. Cover 30 to 40 cm of barrel with sand
3. Put waste on top of sand and burn
4. Burn waste away from households, health care facilities
NOTE: If unable to incinerate or burn keep the infectious waste bags for 72 hrs., preferably in outdoor under sunlight. (in an area not accessible to people) and dispose as municipal waste with precaution.
Wear FULL PPE before handling waste (follow the sequences of putting on and removal of PPE)

**Procedure for burning of general waste (Instructions by Ministry of Environment):**

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CLEANING THE WASTE BIN

1. The dustbins must be cleaned after removal of waste
2. First clean the dustbin properly with detergents and water
3. Then clean the dustbins with 1:9 (1 part bleach and 9 parts water) bleach solution and dry

OFFSITE TRANSPORTATION OF HEALTH CARE WASTE

1. Designate a specific vehicle for the transfer of wastes from HCF
2. Designate separate, lidded bins to collect and transport wastes in vehicle
3. Ensure the staffs wear PPE when transporting waste
4. Ensure the staffs handle waste according to the guideline

CLEANING THE VEHICLE

1. The vehicle must be cleaned immediately after transporting waste
2. First clean the vehicle properly with detergent and water
3. Then clean the vehicle with 1:9 (1 part bleach and 9 parts water) bleach solution and dry

PERSONAL PROTECTIVE EQUIPMENTS

Waste handlers must wear the following PPE’s.

- Heavy Duty Gloves
- Gowns
- Face Shields
- Head Covers
- Masks
- Gumboots
SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN
   - Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
   - Fasten in back of neck and waist

2. MASK OR RESPIRATOR
   - Secure ties or elastic bands at middle of head and neck
   - Fit flexible band to nose bridge
   - Fit snug to face and below chin
   - Fit-check respirator

3. GOGGLES OR FACE SHIELD
   - Place over face and eyes and adjust to fit

4. GLOVES
   - Extend to cover wrist of isolation gown

USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene
**SEQUENCE OF REMOVING PPE**

**HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)**

**EXAMPLE 1**

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after leaving the patient room and closing the door.** Remove PPE in the following sequence:

1. **GLOVES**
   - Outside of gloves are contaminated!
   - If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
   - Hold removed glove in gloved hand
   - Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
   - Discard gloves in an infectious* waste container

2. **GOGGLES OR FACE SHIELD**
   - Outside of goggles or face shield are contaminated!
   - If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Remove goggles or face shield from the back by lifting head band or ear pieces
   - If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in an infectious* waste container

3. **GOWN**
   - Gown front and sleeves are contaminated!
   - If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Unfasten gown ties, taking care that sleeves don’t contact your body when reaching for ties
   - Pull gown away from neck and shoulders, touching inside of gown only
   - Turn gown inside out
   - Fold or roll into a bundle and discard in an infectious* waste container

4. **MASK OR RESPIRATOR**
   - Front of mask/respirator is contaminated — **DO NOT TOUCH!**
   - If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
   - Discard in an infectious* waste container

5. **WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE**

   * An infectious waste container is used to dispose of PPE that is potentially contaminated with Ebola virus.

**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**
How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

0. Wet hands with water;
1. Apply enough soap to cover all hand surfaces;
2. Rub hands palm to palm;
3. Right palm over left dorsum with interlaced fingers and vice versa;
4. Palm to palm with fingers interlaced;
5. Backs of fingers to opposing palms with fingers interlocked;
6. Rotational rubbing of left thumb clasped in right palm and vice versa;
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
8. Rinse hands with water;
9. Dry hands thoroughly with a single use towel;
10. Use towel to turn off faucet;
11. Your hands are now safe.

World Health Organization
Patient Safety
SAVE LIVES
Clean Your Hands

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