

# USAID MTaPS PROGRAM: COVID-19 TECHNICAL ASSISTANCE

## Procedures for Disinfection and Waste Disposal for the Household with a Confirmed or Suspected COVID-19 Patient<sup>1</sup>

Follow standard infection prevention control practices at all times. These include:

- Hand hygiene
- **Wearing disposable gloves** to clean and disinfect
- Disinfecting linen and cleaning and disinfecting environmental surfaces

The following guidelines shall be followed to disinfect household areas for COVID-19:



### CLEAN

- Clean surfaces with soap and water. Practice routine cleaning of frequently touched surfaces, such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.



### DISINFECT

- Use diluted household bleach solutions, 1,000 mg/L chlorine-containing disinfectant, or alcohol solutions with at least 70% alcohol, if appropriate for the surface. Check to ensure that the product is not past its expiration date. Unexpired household bleach is effective against coronaviruses when properly diluted.

**Follow manufacturer's instructions** for application and proper ventilation.  
**Never mix household bleach with ammonia or any other cleanser.**

Disinfect **three times a day** and repeat the procedure any time there is contamination.

**Follow the instructions on the label** to ensure safe and effective use of the product.

Many products recommend:

- Keeping the surface wet for several minutes to ensure that germs are killed
- Precautions, such as wearing gloves, and making sure you have good ventilation during use of the product

**To make a bleach solution,** mix 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.



### SOFT SURFACES

For soft surfaces such as **carpeted floor, rugs, and drapes:**

- **Clean the surface using soap and water** or cleaners appropriate for use on these surfaces.
- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- Disinfect by treating with chlorine-containing disinfectant.



### LAUNDRY

For clothing, towels, linens, and other items:

- **Wear disposable gloves.**
- **Wash hands with soap and water** as soon as you remove the gloves.
- **Do not shake dirty laundry.**
- Launder items according to manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- Dirty laundry from an ill person **can be washed with other people's items.**
- Clean and disinfect clothes hampers according to guidance above for surfaces.

<sup>1</sup> Adapted from CDC Coronavirus disease 2019. Disinfecting your home if someone is sick. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>



## CLEAN HANDS OFTEN

- **Wash your hands often** with soap and water for 20 seconds.
- Always wash immediately after removing gloves and after contact with an ill person.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 70% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.

### Other key occasions to clean hands include:

- After blowing one’s nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance (e.g., a child)
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



## FOOD

- **Stay separated:** The ill person should eat (or be fed) in their room if possible.
- **Wash dishes and utensils by using gloves and hot water:** Handle any non-disposable, used food service items with gloves and wash with hot water or in a dishwasher.
- **Clean hands** after handling used food service items.



## TRASH

- **If possible, dedicate a lined trash can for the ill person.** Use gloves when removing garbage bags and handling and disposing of trash. Wash hands afterwards.
- **Place all used disposable gloves, facemasks, and other contaminated items in a lined container** before disposing of them with other household wastes. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used if hands are visibly dirty.

## RECOMMENDED COMMODITIES FOR HOUSEHOLD DISINFECTION AND WASTE DISPOSAL FOR COVID-19

Item/procedure	Commodity	Specifications
<b>Cleaning</b>	Soap and detergents	Regular soap/detergents: liquid, powder, or bar
<b>Disinfecting</b>	Chlorine/household bleach	NaDCC, granules, 1 kg, 65-70% + dosage spoon
	Alcohol-based hand rub	At least 70% alcohol by volume
	Any other EPA registered disinfectant	<a href="https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2">https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2</a>
<b>Laundry</b>	Laundry detergent	Regular laundry detergent
<b>Personal protective equipment</b>	Cleaning gloves	Outer glove should have long cuffs, reaching well above the wrist, ideally to mid-forearm; cuff length should reach mid-forearm (e.g., minimum 28 cm total length, sizes S, M, L); reusable
	Face mask	Masks, surgical, disposable, ear loop, 3-ply
<b>Waste disposal</b>	Trash bin and trash bag	Covered trash bin lined with leak-proof disposal bag

## REFERENCES

- CDC. Interim Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed Coronavirus Disease 2019 (COVID-19) in Healthcare Settings. <https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html#adhere>
- First Affiliated Hospital, Zhejiang University School of Medicine. Handbook of COVID-19 Prevention and Treatment, pg. 15. <https://covid-19.alibabacloud.com/>
- Government of India Ministry of Health and Family Welfare Directorate General of Health Services (EMR Division). Coronavirus disease/prevention: All you need to know <https://www.indiatoday.in/information/story/coronavirus-disease-covid-19-advice-for-the-public-all-you-need-to-know-1656781-2020-03-18>
- WHO. Coronavirus disease (COVID-19) technical guidance: Infection prevention and control / WASH. <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/infection-prevention-and-control>

The USAID Medicines, Technologies, and Pharmaceutical Services (MTaPS) program helps low- and middle-income countries to strengthen their pharmaceutical systems, pivotal to better health outcomes and higher-performing health systems. The program is implemented by a consortium of global and local partners, led by Management Sciences for Health (MSH), a global health nonprofit.



### FOR FURTHER INFORMATION

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