USAID MTaPS PROGRAM: COVID-19 TECHNICAL ASSISTANCE

Procedures for Disinfection and Waste Disposal for the Household with a Confirmed or Suspected COVID-19 Patient

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

**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.

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1 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

<table>
<thead>
<tr>
<th>Item/procedure</th>
<th>Commodity</th>
<th>Specifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleaning</td>
<td>Soap and detergents</td>
<td>Regular soap/detergents: liquid, powder, or bar</td>
</tr>
<tr>
<td>Disinfecting</td>
<td>Chlorine/household bleach</td>
<td>NaDCC, granules, 1 kg, 65-70% + dosage spoon</td>
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<tr>
<td></td>
<td>Alcohol-based hand rub</td>
<td>At least 70% alcohol by volume</td>
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<tr>
<td></td>
<td>Any other EPA registered disinfectant</td>
<td><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></td>
</tr>
<tr>
<td>Laundry</td>
<td>Laundry detergent</td>
<td>Regular laundry detergent</td>
</tr>
<tr>
<td>Personal protective equipment</td>
<td>Cleaning gloves</td>
<td>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</td>
</tr>
<tr>
<td></td>
<td>Face mask</td>
<td>Masks, surgical, disposable, ear loop, 3-ply</td>
</tr>
<tr>
<td>Waste disposal</td>
<td>Trash bin and trash bag</td>
<td>Covered trash bin lined with leak-proof disposal bag</td>
</tr>
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</table>

REFERENCES


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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