

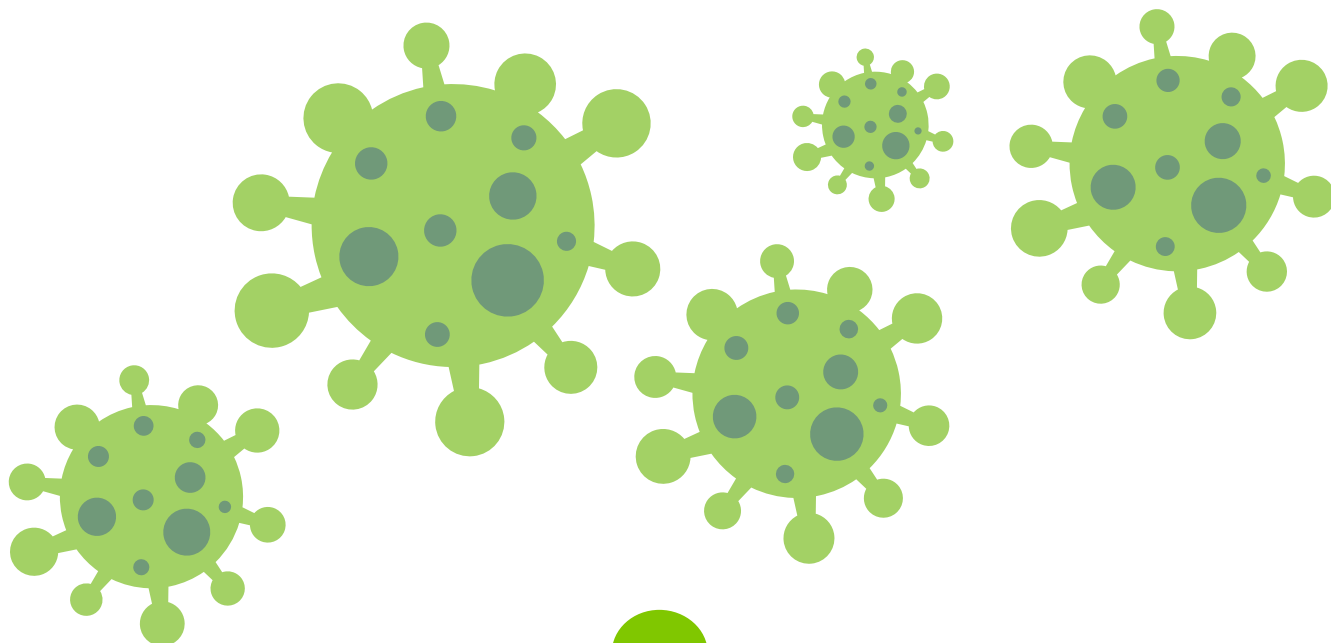
Q&A ABOUT COVID-19

APRIL, 2020 (V1.0)



**PARTICIPATION
AND SUPPORT:**



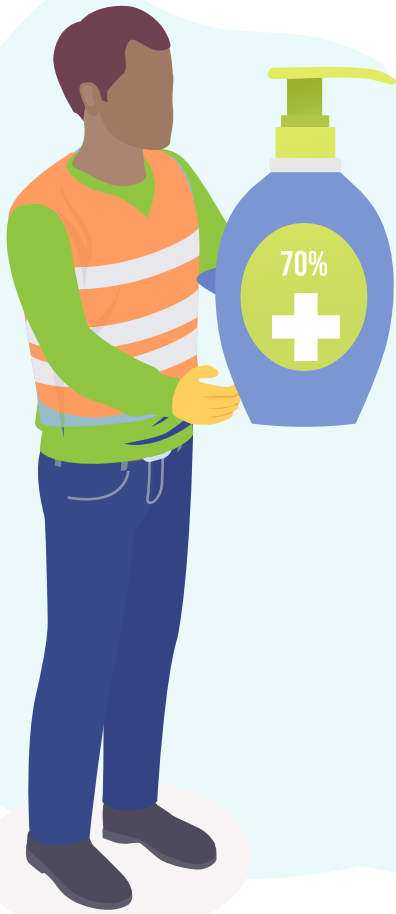


WWOSH
Waste Workers Occupational
Safety and Health
WHWB Committee

**COLLECTIVE INITIATIVE
PRODUCED WITH THE
PARTNERSHIP AND SUPPORT:**



PERSONAL HYGIENE



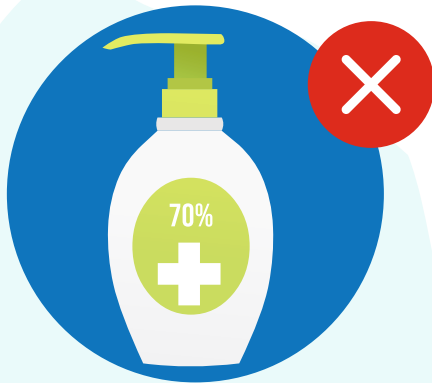
01



WASH MY HANDS FREQUENTLY IS THE BEST WAY TO PROTECT MYSELF FROM THE VIRUS ?

YES, WASH YOUR HANDS OFTEN, TRY NOT TO TOUCH YOUR EYES OR MOUTH, AND DON'T GET CLOSER THAN 1, OR EVEN BETTER 2 METERS, FROM OTHER PEOPLE.

02



IS DISINFECTING MY HANDS WITH 70% ALCOHOL BETTER THAN USING SOAP AND WATER TO PREVENT VIRAL TRANSMISSION?

NO, THE BEST OPTION FOR CLEANING HANDS IS TO USE WATER AND SOAP. IF YOU DON'T HAVE ACCESS TO SOAP AND WATER, ALCOHOL GEL WORKS AS A DISINFECTANT.

03



WASH MY HANDS IS THE FIRST THING I SHOULD DO WHEN I GET HOME?

YES, THE FIRST THING YOU SHOULD DO AFTER GETTING HOME IS WASH YOUR HANDS WITH SOAP AND WATER. THIS IS THE BEST PROTECTION SHIELD YOU CAN GIVE YOURSELF.

COMO CUIDAR DA HIGIENE PESSOAL

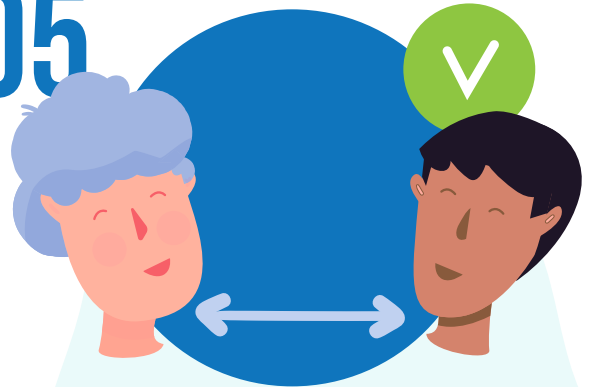
04



SHOULD I USE TISSUES TO PROTECT MY FACE WHILE I SNEEZE?

YES, WHEN YOU SNEEZE, DROPLETS AND AEROSOLS ARE FORMED THAT CAN CONTAMINATE OTHER PEOPLE OR SURFACES. USE TISSUES, OR SNEEZE INTO YOUR ELBOW.

05



IF SOMEONE AT HOME PRESENTS SIGNS OR SYMPTOMS OF COVID SHOULD I DO SOMETHING ABOUT IT?

YES, KEEP THE PERSON AS ISOLATED AS POSSIBLE AND SEPARATE ALL PERSONAL MATERIAL SUCH AS CUTLERY, GLASSES, AND TOWELS; WHILE MAINTAINING THE MAXIMUM HYGIENE POSSIBLE.

06



IF SOMEONE IS INFECTED AND USED THE TOILET, IS THERE ANY RISK TO ME IF I THEN USE IT?

YES, CLEAN THE TOILET BOWL AND SINK HANDLES WITH SODIUM HYPOCHLORITE (CHLORINE BLEACH) DILUTED IN WATER (50 ML TO 1 L) AFTER THE TOILET IS USED BY THE PERSON WITH THE SYMPTOMS.

07



IF I NEED TO USE AN ELEVATOR, COULD THE VIRUS BE THERE AND BE TRANSMITTED TO ME?

YES, THE VIRUS CAN BE TRANSMITTED THROUGH CONTACT WITH CONTAMINATED SURFACES (SUCH AS FLOOR BUTTONS) AND THROUGH THE AIR (IN CASE SOMEONE WHO IS INFECTED COUGHS OR SNEEZES WHILE CLOSE TO YOU).

PERSONAL PROTECTION EQUIPMENT



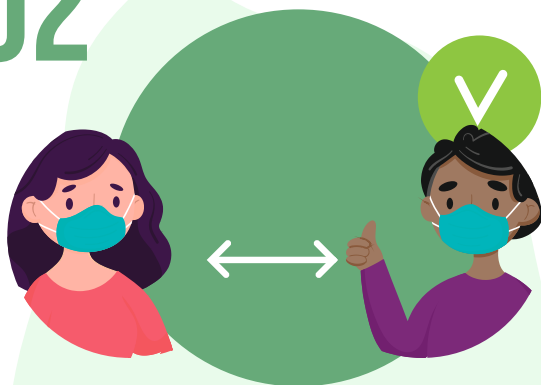
01



WHEN I USE GLOVES AM I COMPLETELY PROTECTED FROM GETTING CORONAVIRUS?

NO, AS THE GLOVES ONLY PREVENT THE CONTACT OF THE VIRUS WITH YOUR HANDS. HOWEVER, IF GLOVES TOUCH A CONTAMINATED SURFACE, AND THEN YOU TOUCH YOUR EYES OR NOSE, THE VIRUS CAN BE PASSED TO YOU.

02



IS IT TRUE THAT MASKS REDUCE THE POSSIBILITY OF VIRUS TRANSMISSION?

YES, BECAUSE IT IS DURING SPEECH, COUGHING OR SNEEZING THAT DROPLETS OR AEROSOLS CONTAINING THE VIRUS ARE SPREAD AND CAN CONTAMINATE OTHER PEOPLE OR OBJECTS.

03



WHEN USING A MASK, COULD MY NOSE STAY OUTSIDE OF IT?

NO, BECAUSE THE VIRUS CAN BE TRANSMITTED OR ENTER OUR BODY THROUGH THE NOSE.

PERSONAL PROTECTION EQUIPMENT

04



CAN WE USE HOMEMADE MASKS FOR PROTECTION?

YES, EVEN IF IT OFFERS LOWER PROTECTION, IT IS BETTER THAN NOT WEARING ANYTHING AT ALL. THE BEST PROTECTION SHOULD BE THAT EVERYONE USES MASKS.

05



IS THERE A SPECIAL WAY I SHOULD REMOVE MY HOMEMADE MASK?

YES, YOU SHOULD REMOVE IT WITHOUT TOUCHING THE OUTSIDE PART OF IT. WASH YOUR HANDS BEFORE AND AFTER TOUCHING THE MASK. SANITIZE OR CLEAN THE MASK AFTER USE WITH SOAP AND WATER. HEATING THE WATER INCREASES THE POWER OF DISINFECTION. AFTER THE MASK IS DRY, IRON THE MASK.

06



CAN I USE THE SAME MASK FOR SEVERAL CONSECUTIVE DAYS?

NO, YOU SHOULD REPLACE MASKS AS SOON AS THEY GET WET, OR CONTAMINATED WITH DUST.

07

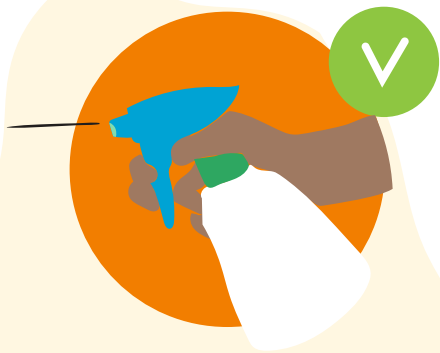


CAN THE HOMEMADE MASK BE MADE OF COTTON?

YES, SOME INVESTIGATIONS HAVE DEMONSTRATED THAT COTTON WORKS WELL BUT IT HAS TO BE AT LEAST 2 LAYERS OF COTTON.

GENERAL CLEANING

01



DOES THE VIRUS STAY ALIVE A LONG TIME ON SURFACES?

YES, DEPENDING ON THE SURFACE THE VIRUS CAN REMAIN INFECTIVE RANGING FROM HOURS TO DAYS.

02



AFTER CLEANING SURFACES, SUCH AS DOOR HANDLES OR COUNTERTOPS, IF I USE 70% ALCOHOL OR HYPOCHLORITE UP TO 0.1%, WILL THE CHANCE OF COVID-19 TRANSMISSION BE REDUCED?

YES, FIRST CLEAN THE SURFACES WITH SOAP AND WATER AND THEN, USE 70% ALCOHOL OR A FRESHLY-MADE 0.1% HOUSEHOLD BLEACH AND WATER SOLUTION FOR DISINFECTION.

03

DOES SODIUM HYPOCHLORITE (BLEACH) HAVE TO BE DILUTED WITH WATER BEFORE USE ON SURFACES?



YES, THE CONCENTRATION TO HAVE A DISINFECTANT EFFECT IS 0.1%. THE PRODUCT PURCHASED (HOUSEHOLD BLEACH) SHOULD GENERALLY BE DILUTED. IN BRAZIL, THE PROPORTION SHOULD BE 1/20 (50 ML BLEACH TO 1 LITER OF WATER). TAKE CARE WHEN PREPARING THE SOLUTION, NOT TO SPLASH IN THE EYES AND MAKE A NEW SOLUTION EVERY DAY. NEVER MIX BLEACH WITH AMMONIA PRODUCTS OR OTHER CLEANERS, WHICH CAN CREATE A TOXIC VAPOR. WIPE THE SOLUTION ON THE SURFACE, AND ALLOW IT TO STAY WET FOR AT LEAST ONE MINUTE. BE CAREFUL IF SPRAYING HYPOCHLORITE, WHICH IS TOXIC TO MUCOUS MEMBRANES INCLUDING THE EYES AND RESPIRATORY TRACT.

04



WHEN ARRIVING HOME AFTER THE SUPERMARKET CAN I JUST STORE MY PURCHASES WITHOUT CLEANING THEM?

NO, IT IS RECOMMENDED TO CLEAN ALL THE PURCHASES WITH 70% ALCOHOL OR SODIUM HYPOCHLORITE. PLUS, FRUITS AND VEGETABLES SHOULD BE CLEANED SEPARATELY WITH WATER AND 0,1% BLEACH SOLUTION OF SANITARY WATER. DISCARD GROCERY BAGS OR DO NOT USE FOR THE NEXT 5 DAYS TO PREVENT TRANSMISSION. IF YOU KEEP YOUR GROCERIES (IF THEY DON'T REQUIRE TO BE REFRIGERATED) IN THE BAGS FOR 5 DAYS BEFORE STORING THEM, THEN YOU DON'T HAVE TO DISINFECT EACH ITEM.

05

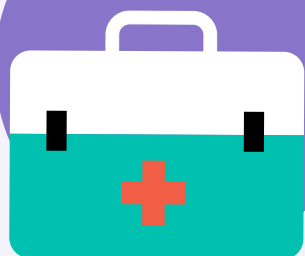


DO I NEED TO CLEAN MY SHOES AFTER GETTING HOME?



YES, CONTAMINATED SHOES CAN SERVE AS A SOURCE OF VIRUS TRANSMISSION OF THE VIRUS TO THE ENVIRONMENT. THEY MUST BE CLEANED WITH SOAP AND WATER OR WIPE THE SOLE OF THE SHOE ON THE ENTRANCE MAT OF THE RESIDENCE SOAKED IN SODIUM HYPOCHLORITE DILUTED IN WATER (SEE PREVIOUS INSTRUCTIONS ON MAKING A 0,1% DILUTION OF HOUSEHOLD BLEACH AND WATER).

01



SHOULD PEOPLE WITH CHRONIC DISEASES CONTINUE TAKING THEIR MEDICATIONS?

YES, GOOD CHRONIC DISEASE CONTROL IS THE BASIS FOR A BETTER PROTECTION IF THE PATIENT GETS COVID-19.

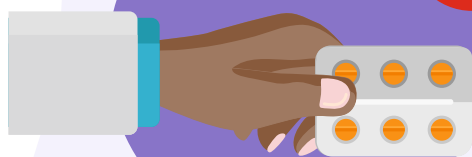
02



IF WE GET SIGNS AND SYMPTOMS OF COVID-19, SHOULD WE USE ANY MEDICATION?

NO, IN BRAZIL WE RECOMMEND THE USE OF PARACETAMOL OR DIPYRONE TO DECREASE FEVER.

03



IS IT GOOD TO GET CHLOROQUINE TO PREVENT FROM COVID-19?

NO, CURRENTLY CHLOROQUINE USE FOR COVID-19 IS STILL BEING STUDIED, BUT THERE'S STILL A LOT OF DOUBT ABOUT ITS USEFULNESS. IT IS WELL KNOWN THAT IT CAN BE TOXIC AND IT SHOULD ONLY BE USED WITH MEDICAL ADVICE.

04



DOES USING VITAMINS PREVENT COVID-19?

NO, EVEN THOUGH VITAMINS C AND D ARE VERY IMPORTANT TO HEALTH THEY DO NOT PREVENT COVID-19.

GENERAL CARE

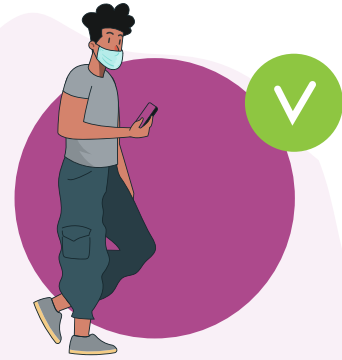
01



WHILE WALKING IN OPEN STREETS, MAY I STAY CLOSE TO STRANGERS WITHOUT RISKING MY HEALTH?

NO, THE ACTUAL RECOMMENDATION IS TO KEEP 2.0 METERS AWAY FROM EACH OTHER, NEVERTHELESS OTHER STUDIES DEMONSTRATE PEOPLE EXERCISING COULD SPREAD CONTAMINATION BEYOND 2 METERS, ESPECIALLY IF YOU ARE WALKING, RUNNING OR BICYCLING BEHIND SOMEONE THAT IS COUGHING, SNEEZING, OR TALKING.

02



IF I GO OUTSIDE FOR A WALK AM I AT RISK OF CATCHING THE VIRUS?

YES, WHENEVER YOU ARE OUT OF ISOLATION, YOU INCREASE YOUR RISK OF INFECTION, AND THE RISK OF CONTAMINATING PEOPLE WHO LIVE WITH YOU. SO IF YOU LIVE IN A BUILDING, YOU MAY EXPOSE YOUR NEIGHBORS TO CONTAMINATION.

03



SHOULD WOMEN WEAR THEIR HAIR TIED UP?

YES, EVEN IF THERE ARE NO STUDIES YET, TIED UP HAIR AVOIDS PEOPLE CONSTANTLY TOUCHING THEIR FACE OR HAIR AND IT REDUCES THE CHANCE OF GETTING CONTAMINATED.

04



CAN I STILL SHAKE HANDS AND GIVE HUGS?

NO, AS THAT WILL INCREASE RISK OF CONTAMINATION.

05



CAN MONEY CARRY COVID?

YES, MONEY CAN TRANSMIT THE DISEASE, SO, AFTER TOUCHING MONEY YOU SHOULD ALWAYS WASH YOUR HANDS.

06



THE WASTE COULD BE CONTAMINATED WITH CORONAVIRUS?

YES, IT MAY BE. IT DEPENDS ON THE MATERIAL, AND HOW LONG AGO THE MATERIAL WAS CONTAMINATED. THE VIRUS STAYS ALIVE FOR ANYWHERE FROM HOURS TO DAYS, DEPENDING UPON THE TYPE OF MATERIAL CONTAMINATED WITH VIRUS.

07



IF I GET CORONAVIRUS SYMPTOMS SHOULD I VISIT A HOSPITAL?

NO, YOU SHOULD STAY HOME. IN BRAZIL, THERE ARE PHONE NUMBERS YOU CAN CALL TO SPEAK TO A MEDICAL EXPERT WHO WILL ANSWER YOUR QUESTIONS. ONLY GO TO A HOSPITAL WHEN ADVISED BY A DOCTOR.

08



DOES DRINKING ETHANOL, METHANOL OR BLEACH PREVENT OR CURE COVID?

NO, METHANOL, ETHANOL AND BLEACH ARE POISONS. DRINKING THEM CAN LEAD TO DISABILITY AND DEATH. THEY ARE SOMETIMES USED IN CLEANING PRODUCTS TO KILL THE VIRUS ON SURFACES, HOWEVER YOU SHOULD NEVER EAT OR DRINK THEM. THEY WILL NOT KILL THE VIRUS IN YOUR BODY AND THEY WILL HARM YOUR INTERNAL ORGANS. TO PROTECT YOURSELF AGAINST COVID-19, DISINFECT OBJECTS AND SURFACES, ESPECIALLY THE ONES YOU TOUCH REGULARLY.

09



CAN COVID 19 BE TRANSMITTED THROUGH HOUSE FLIES?

NO, TO DATE, THERE IS NO EVIDENCE OF INFORMATION TO SUGGEST THAT THE COVID-19 SPREADS THROUGH HOUSE FLIES. COVID-19 SPREADS PRIMARILY THROUGH DROPLETS GENERATED WHEN AN INFECTED PERSON COUGHS, SNEEZES OR SPEAKS. YOU CAN ALSO BECOME INFECTED BY TOUCHING CONTAMINATED SURFACES AND THEN TOUCHING YOUR EYES, NOSE OR MOUTH BEFORE WASHING YOUR HANDS.

GENERAL INFORMATION FOR WASTE COLLECTORS



01



ALL WASTE SHOULD BE TREATED WITH THE SAME CARE AND DILIGENCE, WHETHER KNOWN TO CONTAIN COVID-19?

YES, YOU SHOULD ALWAYS WORK AROUND WASTE WITH MAXIMUM CARE, AS IF IT MIGHT BE CONTAMINATED, USING THE PPE AND PROCEDURES FOR WHICH YOU'VE BEEN TRAINED-THIS WAY YOU ALWAYS REDUCE YOUR POTENTIAL EXPOSURE AND CAN WORK SAFELY.

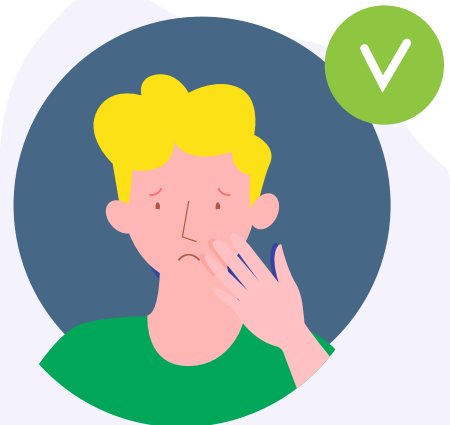
02



DO I REALLY NEED TO WASH MY HANDS FOR 20 SECONDS TO PREVENT COVID-19?

YES, IT IS VERY IMPORTANT TO FREQUENTLY WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS. WHEN SOAP AND RUNNING WATER ARE UNAVAILABLE, USE AN ALCOHOL-BASED HAND RUB WITH AT LEAST 70% ALCOHOL. ALWAYS WASH HANDS THAT ARE VISIBLY SOILED.

03



SHOULD I AVOID TOUCHING MY EYES, NOSE AND MOUTH TO PREVENT THE TRANSMISSION OF THE VIRUS?

YES, CONTAMINATED HANDS ARE THE MAJOR TRANSMISSION SOURCE FOR THE VIRUS.

GENERAL INFORMATION FOR WASTE COLLECTORS

04



SHOULD I STAY HOME, IF I AM FREQUENTLY COUGHING, SNEEZING OR ARE EXPERIENCING OTHER FLU SYMPTOMS?

YES, STAY AT HOME FOR AT LEAST 15 DAYS, AVOIDING PHYSICAL CONTACT WITH OTHER PEOPLE, BESIDES MAINTAINING ALL PERSONAL OBJECTS SUCH AS TOWELS, GLASSES, PLATES, CUTLERIES, ETC. SEPARATED.

05



IF I AM ELDERLY OR HAVE A CHRONIC DISEASE AM I UNDER GREATER RISK OF OUTCOMES AFTER CONTRACTING COVID-19?

YES, IN THOSE CASES IT IS BETTER TO STAY AT HOME AND AVOID PHYSICAL CONTACT.

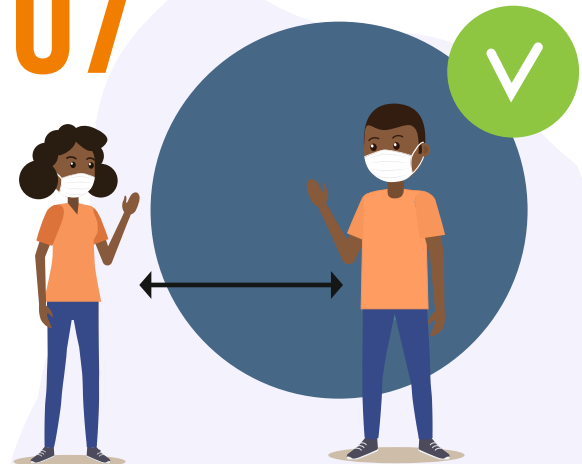
06



SHOULD I TAKE SPECIAL CARE AFTER REMOVING PERSONAL PROTECTIVE EQUIPMENT (MASK, GLOVES, BOOTS, ETC.)?

YES, AFTER REMOVING INDIVIDUAL SAFETY EQUIPMENTS, YOU NEED TO WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS, IF POSSIBLE. TAKE OFF THE INDIVIDUAL SAFETY EQUIPMENT AT A LOCATION THAT CAN BE EASILY SANITIZED. DON'T MIX THE EQUIPMENT WITH OTHER CLOTHES, BUT LEAVE THEM SEPARATE AT A SPECIFIC LOCATION SO THAT NOBODY CAN GET INFECTED.

07



SHOULD I KEEP MY DISTANCE FROM MY COLLEAGUES IN THE WORKPLACE, IN BATHROOMS, CAFETERIAS AND OTHER COMMON AREAS OF THE SCREENING FACILITIES TO PREVENT THE CORONAVIRUS TRANSMISSION?

YES, KEEPING A MINIMUM DISTANCE OF 2 METERS OUTSTRETCHED HELPS TO PREVENT THE SPREAD OF THE VIRUS.

GENERAL INFORMATION FOR WASTE COLLECTORS

08



SHOULD I TAKE SPECIAL CARE WITH MY WORKING CLOTHES?

YES, UNIFORMS SHOULD BE CHANGED DAILY (IF POSSIBLE) AND NOT MIXED WITH HOUSEHOLD LINEN. THEY SHOULD BE WASHED SEPARATELY WITH HOT WATER (AT LEAST 60 DEGREES CELSIUS) WITH COMMON DETERGENTS. SHOES SHOULD BE SANITIZED WITH SODIUM HYPOCHLORITE DILUTED IN WATER.

09



SHOULD I BE ESPECIALLY CAREFUL WITH PUBLIC TRANSPORTATION TO PREVENT THE CORONAVIRUS TRANSMISSION?

YES, CLEAN YOUR HANDS BEFORE GETTING ON THE BUS OR SUBWAY AND AVOID TOUCHING OBJECTS AND PEOPLE. WHEN YOU LEAVE, SANITIZE YOUR HANDS AGAIN AND DON'T TOUCH YOUR FACE. IF POSSIBLE, ALWAYS WEAR A MASK (CLOTH OR DISPOSABLE) WHILE YOU ARE AWAY FROM HOME.

10



SHOULD THE COLLECTION VEHICLES BE CLEANED TO REDUCE THE RISK OF CONTAMINATION?

YES, CLEANING, DISINFECTING (WITH DISINFECTANTS OR SPRAY WITH ALCOHOL AT LEAST 70%), AND VACUUMING THE VEHICLE CABIN DAILY ESPECIALLY ON THE SEATS, DASHBOARD, STEERING WHEEL AND OUTSIDE SUPPORT AREAS OF THE TRUCK, HELPS TO CONSIDERABLY REDUCE THE RISK OF CONTAMINATION.

11



SHOULD I CHANGE THE GLOVES EVERY DAY?

YES, THE DAILY CHANGE SHOULD BE IDEAL. IF IT IS NOT POSSIBLE, YOU SHOULD AVOID TOUCHING YOUR EYES, NOSE AND MOUTH.



WWOSH
Waste Workers Occupational
Safety and Health
WHWB Committee



Q&A ABOUT COVID-19

APRIL, 2020 (V1.0)