

Technical document

Hygienic measures for the prevention of COVID-19

version made on 18th March, 2020

1. Hygienic measures to be taken at home

1. Make sure that the rooms at home are well ventilated (at least 5 minutes a day).
2. Clean on a daily basis, using soap and water for surfaces that are frequently touched. Cleaning removes germs, dirt and impurities, it is important that a good cleaning is done before proceeding, if necessary, to a disinfection.

2. Hygienic measures to be taken in the common areas of the houses or estates

1. The person doing the daily cleaning must wear disposable gloves.
2. Make sure that the closed common areas are well ventilated (at least 5 - 10 minutes a day).
3. Clean every day, first with soap and water. In the surfaces this should be done by paying more attention to reception areas and all surfaces that are more frequently touched.
4. You will also use disinfectants that you will find in supermarkets when cleaning railings, buttons, knobs, door handles, telephones, mailboxes etc. If possible, this activity will be carried out frequently, depending on the transit of the area (see list of virucidal authorized products to be used by the general public).
5. Once the cleaning is done, take off your gloves and throw them in the trash. Afterwards, complete hand hygiene with soap and water should be done for at least 40-60 seconds.

3. Hygienic measures to be taken in private vehicles

It should be borne in mind that private vehicles can also be a source of contamination, and therefore extreme clean-up measures should be taken.

4. Hygienic measures to be taken in public places

1. These places are supermarkets, pharmacies, workplaces etc..
2. The cleaning and disinfection of places of public concurrence will be made in accordance with the habitual policy of cleaning and disinfection of the place to treat, **being much more extreme the measures of hygiene and reinforcing the set of critical points established in the system that has been implemented.**
3. The service companies that carry out disinfection treatments shall be those indicated to carry out the same, using the authorized virucidal products for such purpose by qualified professionals (see list of authorized virucidal products)

These service companies are registered in the Official Register of Biocide Establishments and Services of the Regional Governments

5. Hygienic measures to be taken in case of individuals suspected or confirmed to have COVID-19 in their homes

1. Read the Document Home Case Treatment:
https://www.mscbs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/documentos/Manejo_domiciliario_de_COVID-19.pdf
2. The person doing the daily cleaning will have to do it with single-use gloves and mask (if available).
3. Make sure that the rooms in the house are well ventilated (at least 5-10 minutes a day).
4. Clean frequently exposed surfaces first with soap and water on a daily basis.
5. You can also use disinfectants that you will find in supermarkets, to clean door knobs, bathroom surfaces, bedside tables, remote controls, switches, bathroom and kitchen taps, toilets, telephones, keyboards, tablets (see list of authorized virucidal products to be used by the general public).
6. The cleaning will start from the farthest part of the entrance door to the same one.

7. When cleaning is done, remove the gloves and, where appropriate, the mask and place them in a bag that will be properly closed and disposed of with the rest of the household waste. Afterwards, complete hand hygiene with soap and water should be done for at least 40-60 seconds.
8. The washing of dishes, cutlery, and other kitchen items shall be done with hot water and soap.
9. The laundry will be done with a normal laundry detergent. Set the program to a temperature of at least 60°C.

6. Waste treatment at home with patients

1. The patient's waste, including the disposable material used by the sick person (gloves, tissues, masks), should be disposed of in a plastic bag (BAG 1) in a bin placed in the room, preferably with a lid and a foot switch, without making any separation for recycling.
2. The plastic bag (BAG 1) should be closed properly and placed in a second rubbish bag (BAG 2), next to the exit of the room, where the gloves and mask used by the caregiver will also be placed and closed properly before leaving the room.
3. The BAG 2, with the previous waste, will be placed in the rubbish bag (BAG 3) with the rest of the domestic waste. BAG 3 will also be properly closed.
4. Immediately afterwards, complete hand hygiene with soap and water should be done for at least 40-60 seconds.
5. The BAG 3 shall be deposited exclusively in the waste container (or in any other residual waste collection system established by the local authority), and it is strictly forbidden to deposit it in the separate containers collecting any of the differentiated materials (organic, packaging, paper, glass or textile) or to leave it in the surroundings.

list of virucidas PT2 ambiental:

https://www.mscbs.gob.es/profesionales/saludPublica/ccayes/alertasActual/nCov-China/documentos/Listado_virucidas_PT2_ambiental.pdf