Working with waste? COVID-19 Manage the Risks

Coronavirus causes the disease COVID-19. It is very contagious and can seriously harm your health or cause death.

The virus is passed from one person to another through sneezing or coughing. Tiny drops containing the virus from a sneeze or cough can remain on surfaces even after the ill person is no longer near. This means that things you touch could carry the virus.

* FOLLOW THE ADVICE OF YOUR NATIONAL HEALTH MINISTRY *

1. **Symptoms:** acute onset of fever, dry cough, difficulty in breathing. If you feel ill, stay home and phone a doctor.

2. **Self-isolate for 2 weeks if you have been in contact with an infected person.**

3. **Avoid personal contact.** Try to stay 2 metres from other people. No handshakes, fist bumps or elbow bumps.

4. **Soap kills the virus.** Wash your hands regularly and thoroughly with soap and water for 20 seconds or longer.

5. **Hand sanitiser** must be at least 70% alcohol. Any less will be ineffective. It is always better to use soap if you can.

6. **Do not touch your face.** Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze. Then dispose of the used tissue immediately. Avoid sharing a bowl of food with other people.

7. **Face masks do not stop you catching the virus** and could even make you more likely to. It is better to practice social distancing. If you are collecting waste, keep your distance from residents and other waste workers.

8. **Disinfect personal items** that could be carrying the virus. It can stay alive on surfaces for days. Clean work areas with disinfectant and avoid sharing phones and other gadgets.

9. **Store tissues and other items used by an infected person** in a closed container at home for 3 days before disposal.

10. **Stay home as much as possible.** Maintain social distancing. Keep at least 2 metres (6 feet) distance between yourself and anyone who is coughing or sneezing. Avoiding social contact is the best way to stop the virus spreading.