

## 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.