

## POLICY FOR SANITISING QUARANTINE WARDS OF KGMU, LUCKNOW

### PREPARED BY:

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### Introduction

Quarantine is the separation and restriction of movement or activities of persons who are not ill but who are believed to have been exposed to infection, for the purpose of preventing transmission of diseases. Persons are usually quarantined in their homes, but they may also be quarantined in Health care facilities.

Quarantine can be applied to those health care workers who are exposed to COVID19 positive cases during their postings in isolation ward including-

1. Faculty members
2. Senior residents
3. Junior residents
4. Nursing staff
5. Hospital attendants
6. Housekeeping staff

### Basic infrastructure/functional requirements:

- Single isolated Rooms/Dormitory separated from one another may be preferable with in-house capacity of 5-10 beds/room
- Each bed to be separated 1-2 meters (minimum 1 metre) apart from all sides.
- Lighting, well-ventilation, heating, electricity, ceiling fan, air conditioning
- Potable water to be available
- Functional telephone system for providing communications.
- Support services- Fooding, snacks, recreation areas including television
- Laundry services
- Sanitation services/Cleaning
- Properly covered bins as per BMW may be placed

### Instructions for the Person to be quarantined

- Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer • Avoid sharing items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people.
- No visitors are allowed in the designated area.
- Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused.

- Used mask should be considered as potentially infected and should be discarded in yellow coloured BMW bin
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform

**Environmental cleaning:** Due to the potential survival of the virus in the environment for several days, the premises and areas potentially contaminated with the 2019-nCoV should be cleaned before their re-use, using products containing antimicrobial agents known to be effective against corona viruses. Although there is lack of specific evidence for their effectiveness against 2019-nCoV virus, cleaning with water and household detergents and use of common disinfectant products should be sufficient for general precautionary cleaning. Tests carried out using SARS-CoV showed that sodium hypochlorite is effective.

### Food, Laundry and other related activities

Disposable and pre-packed food to be needs to be served to quarantined people. All the quarantined people to be kept on single isolated rooms or dormitories with separate beds with distance of 1-2 meters with no bed facing opposite to each other. All Beds must have laundered bed sheet that should be changed on daily basis. Personal toiletries/ towel/ blanket/ pillow with covers/electric kettle, room heater and water dispenser may be provided to each person depending on availability.

A separate room needs to be assigned to perform laundry services for cleaning of all the clothes and other washing related activities. Before laundering, all the washable items need to be placed in 1% hypochlorite up to 30 minutes and later washed in detergent solution.

Avoid shaking and directly touching the used linens

### Terminal Disinfection and decontamination procedures

Quarantine facility terminal disinfection procedures to be performed as per guidelines. Cleaning/ decontamination to be performed using the proper personal protective equipment (PPE) and adopting three bucket system as prescribed in the table below.

Spraying of 1% sodium hypochlorite working solution (dilution 1:4 from an initial concentration of 4%) to be done on all the surfaces (protecting electrical points/appliances).

This will be followed by cleaning with a neutral detergent that is used for removing the traces formed by hypochlorite solution. While cleaning, windows need to be opened in order to protect the health of cleaning personnel.

All frequently touched areas, such as all accessible surfaces of walls and windows, the toilet bowl and bathroom surfaces needs to be carefully cleaned.

All textiles (e.g. pillow linens, curtains, etc.) should be first treated with 1% hypochlorite spray and then, packed and sent to get washed in laundry using a hot-water cycle (90°C) and adding laundry detergent. Mattresses / pillows after spraying with 1% hypochlorite should be allowed to get dry (both sides) in bright sunlight for up to 3 hrs each.

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### Recommended Environmental Disinfection Methods

Area/items	Item/ equipment	Process	Method/ procedure
<b>CLEANING OF LODGING AREA</b>			
General Cleaning	Detergent and warm water Two buckets, utility gloves Hand mops	Daily mopping floors Thorough washing	<ul style="list-style-type: none"> <li>• Scrub floors with hot water and detergent with using minimal water. (Do not pour the water.)</li> <li>• Clean with plain water.</li> <li>• Allow to dry</li> <li>• Hypochlorite 1% mopping can be done</li> <li>• Note: Recommend general cleaning procedure should</li> </ul>
Walls ,doors, door knobs	Damp cloth or Sponge squeeze mop Detergent	Through Washing	<ul style="list-style-type: none"> <li>• The walls and doors are to be washed with a brush, using detergent and water once a week (usually on Sundays); gently apply cloth to soiled area, taking care not with warm water to remove excess cleaning agent.</li> <li>• Door knobs and other frequently touched surfaces</li> <li>• Should be cleaned daily.</li> </ul>
Refrigerators	Detergent and water Absorbent paper or clean cloth	Cleaning (weekly)	<ul style="list-style-type: none"> <li>• Empty the fridge and store things appropriately.</li> <li>• Defrost, decontaminate and clean with detergent.</li> <li>• Dry it properly and replace the things.</li> <li>• Weekly cleaning is recommended.</li> </ul>
Lockers, tables, cupboard, wardrobes, benches, shelves and cots	Damp duster with warm water Detergent Dry duster	Damp dusting	<ul style="list-style-type: none"> <li>• Damp dust with warm water and detergent.</li> </ul>
Railings	Detergent/ Sanitizer- hotwater, sodium hypochlorite 1%. Three small buckets/ or big bowls. One with plain water One with detergent solution One for sodium hypochlorite 1%	Daily dusting	<ul style="list-style-type: none"> <li>• Damp dust with warm water and detergent followed by disinfection with hypochlorite</li> </ul>

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Mirrors and glass	Warm water Detergent water/ cleaning solution Damp cloth Wiper	Cleaning	<ul style="list-style-type: none"> <li>Using warm water and a small quantity of detergent and using a damp cloth, wipe over the mirror and surround, then using a dry lint-free cloth, buff the mirror and glass to a clean dry finish.</li> </ul>
Pantry furniture	Duster	Dusting	<ul style="list-style-type: none"> <li>Damp dust</li> </ul>
Telephone	Warm water detergent solution Duster	General cleaning	<ul style="list-style-type: none"> <li>Damp dust with warm water and detergent.</li> <li>Paying special attention to the ear and mouth piece and dry it properly.</li> </ul>
Desks	Damp cloth Furniture polish	Dusting	<ul style="list-style-type: none"> <li>Wipe top sides and draw handles with a damp cloth. Wooden desks should be cleaned with furniture polish and buffed to clear glows. Pen holder etc. To be cleaned or dusted.</li> </ul>
Chairs	Warm water and detergent	Cleaning	<ul style="list-style-type: none"> <li>Wipe down with warm water and detergent. Remove any marks under arms and seat. Check for damage to stoppers, if stopper require replacement, report to maintenance department.</li> </ul>
Furniture and fittings	Warm water and detergent Rag piece	Dusting	<ul style="list-style-type: none"> <li>Using warm water and detergent, damp dust all furniture and fittings, including chairs, stools, beds, tables, cupboards, wardrobes, lockers, trolleys, benches, shelves and storage racks, waste/ bins, fire extinguishers, oxygen cylinders, televisions window sills and dry properly.</li> </ul>
Bed tables, bedside lockers	Warm water and detergent Wiper Duster	Cleaning	<ul style="list-style-type: none"> <li>Wipe down over bed table, Wipe top and underneath base and stand, using warm water and detergent. Dry on completion.</li> <li>Wipe down the bedside. Remove marks from fronts of draws and sides. Using warm water and detergent, wash the top to remove any sticky marks and dust.</li> </ul>
Light switches and over-bed light	Damp cloth (never wet) Detergent Warm water	Cleaning	<ul style="list-style-type: none"> <li>Light switches to be cleaned of dust, spots and finger marks. Clean with a</li> </ul>

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				<p>damp cloth (never wet) and detergent.</p> <ul style="list-style-type: none"> <li>• Over-bed lighting to be damp dusted. Clean with warm water and detergent.</li> </ul>
Curtains	Soft clothes water Mild soap solution		Cleaning	<ul style="list-style-type: none"> <li>• Clean with water and soap for curtains</li> </ul>
White clothes	Sodium hypochlorite 1% Tap water		Washing	<ul style="list-style-type: none"> <li>• Should be washed under running water and soaked in 1% sodium hypochlorite for 20 minutes.</li> <li>• Note: PPE should be worn while washing soiled linen.</li> </ul>
Mattress and pillow covers (cloth)	Tap; water		Washing	<ul style="list-style-type: none"> <li>• Mattress and pillows should be covered with a reusable mattress cover.</li> <li>• It should be changed for each patient and when soiled sent to the laundry according to schedule.</li> </ul>
Mattress/ Pillow with rexin cover / without rexin	Sodium hypochlorite 1% Sunlight		Terminal Damp dusting and cleaning	<ul style="list-style-type: none"> <li>• If with rexin cover, can be cleaned with 1% sodium hypochlorite before use for next patient.</li> <li>• If routine mattress, dry it in bright sunlight for 1-2 days before using for next patient.</li> </ul>
Water jars	Vim powder Soap and water		Cleaning	<ul style="list-style-type: none"> <li>• Recommended boiled water for drinking</li> <li>• Water jars should be scrubbed cleaned with soap and water and boiled water before filling with water.</li> </ul>
<b>CLEANING OF TOILET AREA</b>				
Toilet pot / commode	Sodium hypochlorite 1% Soap powder / long handle angular brush		Cleaning	<p>Inside of toilet pot / commode:</p> <ul style="list-style-type: none"> <li>• Scrub with the recommended agents and the long handle angular brush.</li> </ul> <p>Outside:</p> <ul style="list-style-type: none"> <li>• Clean with recommended agents; use a nylon scrubber.</li> </ul>
Toilet floor	Soap powder and scrubbing brush/ nylon broom		Cleaning	<ul style="list-style-type: none"> <li>• Scrub floor with soap powder and the scrubbing brush. Wash with water</li> <li>• Use sodium hypochlorite 1% dilution</li> </ul>
Tap Outside sink Showers area / Taps and fittings	Nylon scrubber and detergent powder Detergent powder and nylon scrubber		Cleaning	<ul style="list-style-type: none"> <li>• Thoroughly scrub the floors/tiles with warm water and detergent.</li> <li>• Wipe over taps and fittings</li> </ul>

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			with a damp cloth and detergent. • Care should be taken to clean the underside of taps and fittings.
Soap dispensers	Detergent and water	Cleaning	• Daily dusting • Should be cleaned weekly with detergent and water and dried.

**NOTE:**

- Dry the floor with a separate drying mop
- Cleaning personnel should wear disposable mask/gloves when cleaning surface or handling clothing or linen. They should perform hand hygiene before putting on and after removing their gloves.
- If using utility gloves, after use it should be cleaned with soap and water and decontaminated with 0.1% sodium hypochlorite solution. Prefer hand hygiene before putting on and after removing gloves.

**BIOMEDICAL WASTE MANAGEMENT**

- Separate yellow and red bags needs to be kept at each floor.

**MANPOWER REQUIRED**





- Sanitary Inspectors
- Safai workers:
- Laundry workers
- Workers from biomedical waste management agency

**MATERIALS REQUIRED:**

- Bleaching powder/ 5% hypochlorite solution
- Detergent
- Harpic (for cleaning of toilets)
- Plain Soap (Liquid if possible for washing hands)
- Alcohol based hand rub
- Dry and Wet mops
- Buckets for cleaning and washing (preferably three bucket system)
- And mopping
- Scrubbers (Nylon)
- Long handle angular brush (for toilet cleaning)
- Disposable masks
- Disposable gloves/reusable utility gloves
- Full sleeved gowns
- Poster illustrating hand wash techniques (for acquired hotels)
- Yellow bins
- Red bins

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Categories	Type of Bags	Type of Waste	Treatment/Disposal
<b>Yellow</b> 	Non chlorinated plastic, autoclavable bags	1. Donned off PPE 2. PPE with spill 3. Gloves 4. Shoe covers 5. Head Covers 6. disposable bed sheets 7. <i>disposable Masks</i>	Incineration or Plasma pyrolysis or deep burial*
<b>Red</b> 	Non chlorinated plastic, autoclavable bags	1. Eye protection goggles 2. recyclable materials like pens 3. plastic water bottles used by quarantine people 4. Bed sheets	Autoclaving/microwaving /hydroclaving and then sent for recycling not be sent to landfill
<b>White</b> 	Puncture, leak, tamper proof containers	1. sharp waste including metals	Auto or Dry Heat Sterilization followed by shredding or mutilation or encapsulation
<b>Blue</b> 	Cardboard boxes with blue coloured marking	Glassware/tubelight/CFL bulbs/LED used in quarantine Quarantine facility	Disinfection or autoclaving, microwaving, hydroclaving and then sent for recycling

**Duties of the Quarantine Quarantine facility Authorities:**

1. Provide training to all its health care workers and others involved in handling of bio medical waste.
2. To provide a safe, ventilated and secured location for storage of segregated BMW within premises of quarantine Quarantine facility.
3. Provide legal authorization and access to Waste collecting van/vehicle.

**Duties of the Bio-medical waste management company (SMS water grace BMW Pvt. Ltd.):**

1. Ensure timely collection (atleast twice daily morning & evening) of BMW from Quarantine Quarantine facility
2. Handing over of recyclable waste after treatment by autoclaving and incineration to authorized agencies identified by Government of India.
3. Assist health care facilities in training of workers.

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