

# Guidance Note on Minimum WASH Requirements in COVID-19 Quarantine and Isolation Centers\*

The main purpose of this guidance note is to provide guidance in ensuring the minimum WASH requirements at 'quarantine' and 'isolation' centers established in Nepal during COVID-19 pandemic.

## 1 WATER SUPPLY:

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**Provide safe and reliable water supply of sufficient quantity and quality.**

- Storage of at least 48 hours' demand of water to ensure a constant supply fulfilling the minimum two conditions.
  1. 0.2-0.5mg/L (free residual chlorine)
  2. Free from E-coli
- Quantity of safe water available
  - Minimum: 5 liters per outpatient per day
  - Minimum: 40-60 liters per in-patient per day
  - Minimum: 15 liters per care taker per day
- Quantity of water for toilet use and washing
  - 20-40 liters per user per day for conventional flushing toilets
  - 3-5 liters per user per day for pour-flush toilets
  - Sufficient quantities needed for laundry
- Drinking water should be accessible to all staff, patients, and caretakers especially friendly for child and person with disability.

## 2 SANITATION:

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**Provide sufficient excreta disposal facilities to limit disease transmission.**

- Provide commode chairs and bucket toilets for those facing mobility barriers.
- Clean sanitation facilities (toilets, showers, washing area) with water and cleaning agents.
- Availability of dustbin in female toilet.
- Number of accessible toilets
  - Minimum: four (4) in outpatient facilities (separate for men, women- with bin, people with limited mobility and healthcare workers)
  - Minimum: One (1) per 20 inpatients (separate for men, women, people with limited mobility and healthcare workers)

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\* This guidance note has been prepared based on the standards and guidelines provided in the SPHERE Handbook 2018.

**Handle, treat and dispose of waste correctly and safely.**

- Segregate healthcare waste at point of generation using the four color (Red, Yellow, Blue and Green) coded bin method.
- Manage grey water, wastewater and/or Faecal Sludge generated in the Quarantine and Isolation center.
- Train all healthcare workers in waste segregation and management.
- Ensure that designated teams should wear PPE to collect, treat and dispose of waste (minimum: masks, gloves and boots).

### **3 HYGIENE:**

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**Provide enough hygiene items, cleaning materials and equipment for healthcare workers, patients and visitors to maintain hygiene.**

- Provide handwashing stations at key locations with safe water, soap or alcohol rub. Air dry or use paper towels. It should also have IEC on Hand hygiene. Water after handwashing with soap should be drained/managed safely.
- Provide a hygiene kit set to all the patients (*the **standard hygiene kit** endorsed by WASH cluster can be distributed by adding at least 15 disposable surgical masks. MHM materials are included in the standard hygiene kit*)
- Number of handwashing stations/basin
  - Minimum: one station for every 15 inpatients

### **4 ENVIRONMENTAL CLEANLINESS:**

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**Maintain a clean and hygienic environment.**

- Clean floors and horizontal work surfaces at least daily with water and detergent.
- Clean and disinfect potentially contaminated surfaces with a 0.2 per cent chlorine solution at least daily.
- Clean, disinfect or sterilize reusable medical devices depending on risk before each use.
- Disinfect all linen daily with 0.1 per cent chlorine solution after soaking if visibly soiled; sterilize all linens for operating theatres.
- Schedule/ log book of cleaners maintaining cleanliness (toilet and isolation wards, etc.)

**Ensure all healthcare workers, patients and care-takers use appropriate PPE. (Refer – “Guidelines for Use of Personal Protective Equipment in Relation to COVID-19” also attached)**

- Provide PPE for the type of exposure and category of isolation precautions.
- Train healthcare workers, patients and others in the facility to select, use and remove PPE.

### **5 KEY INDICATORS**








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- All healthcare workers clean their hands, using soap or alcohol rub, before and after every patient contact, before putting on PPE, after taking off PPE, after handling waste.

- All patients and care-takers wash their hands frequently with soap and water.
- All handwashing stations have soap or alcohol rub that can be accessed by all users.
- All potentially contaminated surfaces are cleaned and disinfected regularly with a 0.2 per cent chlorine solution
- Number of handwashing stations
  - Minimum: one station for every 15 inpatients
- Drinking water quality at point of delivery
  - Minimum: 0.2-0.5mg/L FRC
  - Free from Arsenic
- Quantity of safe water available
  - Minimum: 5 liters per outpatient per day
  - Minimum: 40-60 liters per in-patient per day
- Number of accessible toilets
  - Minimum: four (4) in outpatient facilities (separate for men, women- bucket with lid, people with minimum mobility and healthcare workers)
  - Minimum: one (1) per 20 inpatients (separate for men, women- bucket with lid, people with limited mobility and healthcare workers)
- Four color (Red, Yellow, Blue and Green) coded bins for segregation of waste.

**Standard HYGIENE KIT**

(for Inpatient in Quarantine or Isolation Centre)

S. NO.	Item Descriptions	Qty in set	Picture/ Reference
1	Cotton Towel Material: 100% Cotton Size: 20 W x 40 L inches Color: Any light color Purpose: To absorb water Rolled with cotton thread	2 each	
2	Bathing Soap Weight: 120g Dimension: 1.20' h x 3.5' w x 2.5' l Purpose: 100 pc germ protection	1 each	
3	Cloth washing soap Weight: 150gms Dimension: Purpose: to wash clothes	1 each	
4	Soap Case (Transparent) Material: Plastic Size: Standard Colour: Any Purpose: To keep bathing soap	1 each	
5	Tooth Brush - Soft bristles Shaped to fit in children's mouth Easy to hold Color: Any <b>Note:</b> If it is for children it should also fit for their mouth	1 each	
6	Toothpaste Weight: 80gsm Preferable brand: Colgate/Close-up/Pepsodent, etc. Shelf life: minimum 1 year	1 each	
7	Combs for Hair Materials: Plastic Size: 18 cm length (16 cm for children) Color: Any	1 each	

8	Sanitary Pad - for women Size: Regular Soft non-woven top sheet Super absorbent Individually wrapped Pack of 10 pads	1 each	
9	Underwear (Ladies -13 yrs and above) Material: 100% Cotton Size: Medium Colour: Any	2 each	
10	Nail Cutter Material: Stainless steel Size: Medium and Small Usage: Fingers nail cutting	1 each	
11	Nylon Rope Thickness: 8mm Length: 10 meter Color: Any	1 each	
12	Hygiene Kit Bag Materials: Polyester PVC coating fabric Size: 13" x 16" x 4" Finishing: Zipper lock with strap Material Color: Any	1 each	
13	Hand Sanitizer Qty.: 1 bottle (50-60ml) Material: 70% alcohol based	1 each	
14	Liquid Chlorine Qty.: 1 bottle (50-60ml) Preferred brand: Pyush or Water Guard <b>Note:</b> To be provided if Chlorine water cannot be provided for drinking	1 each	