



General Sanitary Guidance for Waste Disposal Workers

Sanitizing hands

Use an alcohol-based hand sanitizer that contains at least 70% alcohol.



Apply. Put enough product on hands to cover all surfaces.

Rub hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry.

Glove Rotation and Care!

Before removing them, **wash latex gloves** off with soap and water.

Launder washable gloves daily if possible.

Wash or sanitize your hands.

Rotate out wet or dirty gloves to a clean pair at lunch or after your breaks.

If you only have one pair of gloves – don't worry. You can still stay safe by following the all of the other safe sanitation practices. **Just clean as best as you can, when you can.**



Removing Gloves!



Gloves can be a source of infection. Take extra care when removing them.

Point the hand downward.

Peel off the outer glove starting at the wrist.

Turn them inside out as you keep peeling.

Do the same for any **inner gloves** worn.

Wash your hands with clean soap and water. If you can't – sanitize.

5 Steps to Washing Your Hands

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.



No running water? Keep a jug or bucket of clean water at your workplace if at possible. The water does not need to be treated. **Clean river water or pond or ice is okay for cleaning.** Use a wash basin to clean, and empty and sanitize the basin afterwards – especially if you think you touched an infected surface. If that is not practical, use sanitizer until you can wash and sanitize. Note – if your hands are dirty – the sanitizer does not work as well. Use moist towelettes or a rag that you can wash or dispose afterwards to wipe away grime. Then sanitize.

Covid-19 Information and Education Resources You Can Trust *(Google titles if you are reading a print copy)*

- ◆ [State of Alaska Public Health Covid-19](#)
- ◆ [Guidance on coronavirus Solid Waste Association of North America](#)
- ◆ [Municipality of Anchorage Coronavirus response](#) (contains city and Alaska-specific guidance & resources)
- ◆ [Centers for Disease Control Covid-19](#)
- ◆ [Alaska Native Tribal Health Consortium Covid-19](#)
- ◆ [Occupational Safety Health Administration Guidance on Preparing Workplaces for COVID-19](#)
- ◆ [Alaska Department of Health and Human Services Covid-19 Handwashing Posters](#) (Nice! Check them out!)
- ◆ **Yup'ik Language!** [Co-vid-19 Infection Prevention Public Flyer](#)
- ◆ **Yup'ik Language!** [Co-vid-19 Symptom Public Flyer](#)



Not sure who to call? Covid-19 questions, Call 211 or 1-800-478-2221, 7 days a week.

And of course, for waste disposal questions, Email 907swat@gmail.org or call Zender staff at 277-2111.