

COVID-19

RECOMMENDATIONS FOR THE CLEANING AND DISINFECTION OF SITES WHERE PEOPLE ARE CLOSELY CONFINED AND DEPRIVED OF THEIR LIBERTY:

PENITENTIARIES, PRISONS, AND MIGRANT DETENTION CENTERS

GENERAL RECOMMENDATIONS

- Provide hand-washing stations to staff and persons deprived of their liberty for their constant use.
- Wash hands frequently with soap and water for 40-60 seconds especially at critical moments: before and after eating; before and after preparing food; after going to the bathroom; before and after cleaning; before and after touching money. Hands should be dried using a paper towel and a paper towel should be used to turn off the tap.
- If soap and water are not available, then 70% alcohol gel solution can be used instead.
- Ensure the permanent provision of safe water, soap, toilet paper and paper towels for hand hygiene, and of paper tissues for respiratory hygiene.
- Avoid overcrowding in confined holding areas of people.
- Ensure good ventilation and natural light. This may include opening windows when there is little outdoor pollution.
- Offer a balanced diet and ensure food safety for those persons deprived of their liberty.
- Any staff with respiratory symptoms should not be at work.

RECOMMENDATIONS FOR CLEANING AND DISINFECTION

- Wear gloves while cleaning.
- Clean and disinfect commonly used objects and frequently touched surfaces at least twice a day. The cleaning should be done with water and detergent, and then a sodium hypochlorite disinfectant solution at 0.1% concentration applied, (see indications in the table below), and left to act for at least 1 minute, before wiping with a damp cloth.
- Clean toilets and showers with water and detergent, and then apply a sodium hypochlorite disinfectant solution at 0.1% concentration (see indications below), leaving to act for 1 minute, at least twice a day.
- Do not share food, eating utensils, towels or bedding. These latter items can be reused once they have been washed with soap and water.
- Clean fruit and vegetables with safe water.
- Waste contaminated with body fluids (paper towels, toilet paper, and face masks) of persons deprived of liberty suspected or confirmed with COVID-19, should be placed in closed plastic bags and treated according to national regulations for solid waste.

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- Staff must change their clothing and footwear upon entering the facility. Clothes and shoes should be washed as normal with soap and water.
- Cleaning utensils should be soaked in a sodium hypochlorite disinfectant solution at 0.1% concentration (see table below), for at least 1 minute.

HOW TO PREPARE THE DISINFECTANT SOLUTIONS.

- Use locally available sodium hypochlorite products, the concentration of which is indicated on the label of the container, to mix the appropriate concentration of disinfectant solution suitable for its intended use, as per the indications shown in the table below.
- Use personal protective equipment such as gloves, masks, eye protection and aprons when mixing the solutions.
- Prepare solutions daily according to stated needs and in alignment with amounts shown in the table below.
- Use specific containers for each of the prepared solutions, and mark (label) the containers clearly with the different concentrations.
- Do not reuse packaging from edible products to prepare the disinfectant solution in order to avoid the risk of accidental poisoning.
- Add the amount of sodium hypochlorite to the amount of water as indicated in the table below.
- Do not mix sodium hypochlorite with soaps or cleaners.
- Store sodium hypochlorite out of the reach and sight of children, in a safe place that is not exposed to light and heat.
- Use sodium hypochlorite products without added fabric softeners, colors, or perfumes.

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Sodium Hypochlorite concentration	Disinfectant Solution Concentration							
	0.05% ¹				0.1%			
(as per label)	For hand washing and laundry				For disinfection of surfaces and floors, and cleaning utensils			
	Quantity of sodium hypochlorite		Quantity of water		Quantity of sodium hypochlorite		Quantity of water	
1%	50 ml	1/5 cup	1 L	1 qt	100 ml	2/5 cup	1 L	1 qt
3%	16 ml	3 tsp	1 L	1 qt	30 ml	1 oz	1 L	1 qt
4%	13 ml	1/2 oz	1 L	1 qt	25 ml		1 L	1 qt
5%	10 ml	2 tsp	1 L	1 qt	20 ml	4 tsp	1 L	1 qt
10%	5 ml	1 tsp	1 L	1 qt	10 ml	2 tsp	1 L	1 qt

Climate Change and Environmental Determinants of Health Unit
Communicable Diseases and Environmental Determinants of Health Department

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¹ If you do not have soap and water, 70% alcohol gel or hydrogen peroxide, a sodium hypochlorite disinfectant solution at 0.05% concentration could be used to wash your hands. However, this is the least recommended option, since frequent use can lead to allergies, dermatitis, depigmentation, and even asthma.