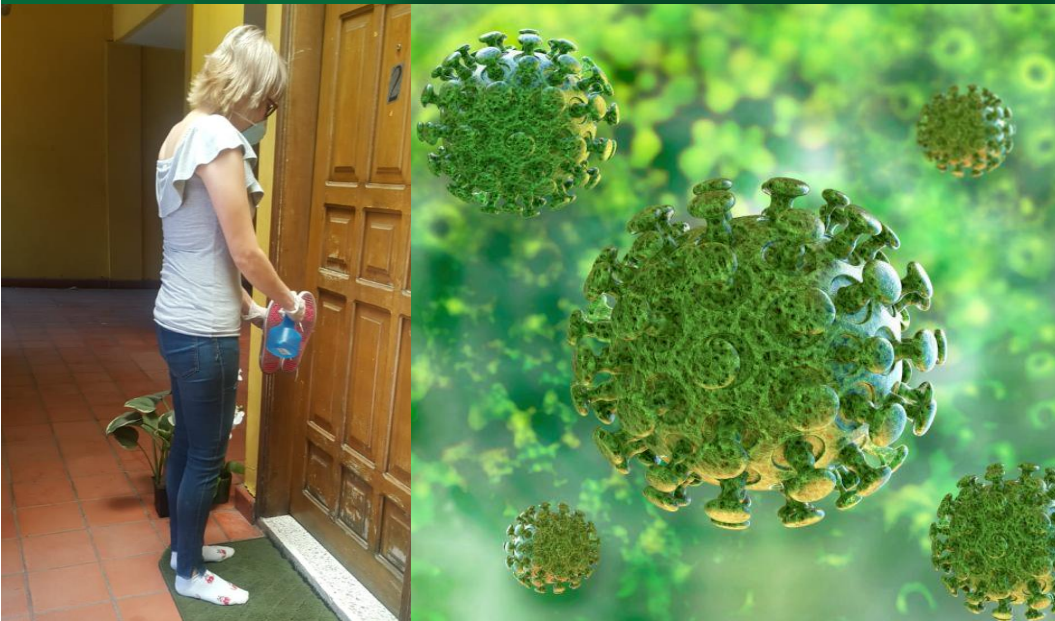


ACTION PROTOCOL AGAINST COVID-19

ENTERING HOME



UNAH
UNIVERSIDAD NACIONAL
AUTÓNOMA DE HONDURAS



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ACTION PROTOCOL IN THE FACE OF COVID-19 ENTERING HOME

Faced with the escalation of COVID-19 in our country, the National Autonomous University of Honduras, by means of the Institutional Technical Committee for the Promotion and Prevention of Coronavirus, has developed a technical protocol, with recommendations for self-disinfecting when entering the house. This is aimed at **health personnel and every person** who has had to become exposed on the streets as they carry on with their activities (police officers, pharmacy and grocery employees, service users and others) and who have been linked or exposed, in one way or another, to contamination with the coronavirus.

At this time, we must keep in mind that, the most important means of prevention is **TO STAY AT HOME** and protect the most vulnerable persons from contagion (those older than age 60 with chronic-degenerative diseases, pregnant women and children under 15 years of age).

CONCEPTS

Biosecurity: This is a set of rules, means and protocols applied in multiple procedures with the purpose of preventing risks or infections derived from exposure to potentially infectious agents which can potentially affect the health or even the lives of individuals or might contaminate the environment.

Contamination: This is the introduction of substances or other physical elements in such manner, causing it to become unsafe or unfit for use.

Disinfection: This is the physical or chemical process that manages to eliminate micro-organisms that contaminate inanimate objects.

PROCEDURE TO SELF-DISINFECT WHEN RETURNING AND ENTERING THE HOUSE



1. When you return home, try not to touch anything.



2. Keep a flat tray at the entrance to the house, containing the disinfectant solution, (chlorine), in such an amount that barely dampens the sole of the shoes. When you return home, immerse the shoe, at sole height, in the disinfectant solution.

Then, drain the excess disinfectant solution from the shoes inside the tray, remove your shoes and let them dry in the backyard.



3. If you are unable to perform the procedure in item 2, take your shoes off immediately before entering the house.
Disinfect the top and bottom of your shoes with a diluted chlorine solution. These shoes should be left to dry outside in the yard.



4. Remove your outer clothing, place it in a plastic bag and then wash it. Wash contaminated clothing separate from other clothing at home.



5. With a clean cloth moistened in alcohol, disinfect your cell phone, wallet, belt, keys, and all personal items that were exposed to contamination.



6. Take a bath. If you cannot do so wash well with soap and water, all areas of your body that were exposed to contamination: (hands, wrists, face, neck, etc.).
Avoid physical contact with your family members until you have bathed or washed.



7. Before storing anything, clean the surfaces of objects brought into the house with diluted chlorine or alcohol.

MEASURES TO CONSIDER

- Remember that it is not possible to achieve full disinfection, the goal is to reduce the risk.
- The solution of diluted chlorine should be prepared daily. Dilution is done as shown in the figure attached.

HOW TO DILUTE CHLORINE TO 0.5% BASED ON A COMMERCIAL CHLORINE SOLUTION

HOW TO DILUTE CHLORINE TO 0.5% BASED ON A COMMERCIAL CHLORINE SOLUTION



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Commercial Chlorine to
1.25%:



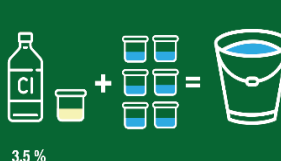
In a bucket, mix 2 parts
liquid chlorine with 3
parts water.

Commercial Chlorine to
2.6% :



In a bucket, mix 1 part
liquid chlorine with 4
parts water.

Commercial Chlorine to
3.5%:



In a bucket, mix 1 part liquid
chlorine with 6 parts water.

Commercial Chlorine to
5%:



In a bucket, mix 1 part liquid
chlorine with 9 parts water.

Go to: www.unah.edu.hn/coronavirus



BE INFORMED AND PREPARE TO PREVENT THE SPREAD OF CORONAVIRUS