



Sanitation and Hygiene Advisory for SCHOOLS

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Greetings from the Fijian Competition and Consumer Commission (FCCC).

FCCC is an independent Fijian statutory authority whose role is to enforce the Fijian Competition and Consumer Commission Act 2010, promoting competition, fair trading, regulating prices in markets where competition is lessened or limited and regulating monopolistic market situations including national infrastructure for the benefit of all Fijians.

The Ministry of Health has confirmed several cases of the 2019 Novel Coronavirus COVID-19 infection worldwide, as well as a few cases in Fiji. In view of this situation, FCCC strongly urges all stakeholders to take precautionary measures to maintain high standards of sanitation and personal hygiene.

Symptoms of COVID-19

- The most common symptoms of COVID-19 are a new, continuous cough or a high temperature.
- For most people, COVID-19 will be a mild infection.

How COVID-19 is Spread - There are 2 main routes by which people can spread COVID-19.

- Infection can be spread to people who are nearby (within 2 meters) via coughed or sneezed out droplets that land on eyes, nose and ears or possibly inhaled into the lungs.
- It is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching a doorknob or shaking hands then touching their own face).

FCCC advises all stakeholders to follow good Sanitation and Hygiene Practices (SHP) below and instill confidence without panic hence we recommend the following:

(A) Personal Hygiene:

Teachers and staffs should remind students to:

- Monitor their temperatures regularly.
- Report to their teachers, see a doctor and stay away from fellow students if they are unwell.
- Cover their mouths with tissue paper when coughing or sneezing, and dispose of the soiled tissue paper in the rubbish bin immediately. Wash hands thoroughly with soap and water for 20 seconds
- Practise good toilet habits (e.g. flush toilets after use).
- Practise good personal hygiene (e.g. wash hands with soap and water before and after meals, and after visiting the toilet)
- Refrain from sharing personal items (e.g. toothbrush, toothpaste, utensils and drinking cup/bottle).
- Do not place your mouth on the dispenser when drinking from the water cooler.

Staff should be reminded to:

- Monitor their temperatures regularly.
- Report to their supervisors, see a doctor and stay away from fellow colleagues if they are unwell.
- Cover their mouths with tissue paper when coughing or sneezing and dispose of the soiled tissue paper in the rubbish bin immediately. Wash hands thoroughly with soap and water. Practice good toilet habits (e.g. flush toilets after use).
- Practice good personal hygiene (e.g. after clean-up is carried out, after handling refuse or other dirty items, and after visiting the toilet)
- Use gloves when carrying out cleaning works and when handling waste.
- Refrain from touching their exposed body parts such as eyes, nose, face and arms with soiled gloves or unwashed hands.

(B) Common Facilities used by Teachers and Students

- Assign a team of staff to carry out cleaning and housekeeping daily. Disinfect frequently touched points such as handrails, doorknobs with disinfectant regularly.
- Disinfect the tables and chairs in the school canteen with disinfectant daily.
- Clean and disinfect communal toys and mattresses daily if used
- Keep all rooms well-ventilated and open windows to allow plenty of fresh air into the indoor environment, where possible, including students classroom, offices and common rooms
- Ensure waste bins are covered at all times and cleared daily. Tie waste contained in plastic bags properly before disposal.

- Clean up any waste spillage immediately.
- Engage licensed waste contractors to remove refuse daily.

(C) Toilets including Students and Teachers

- Disinfect frequently touched areas such as water taps, door/towel/cistern handles, seats and cover flaps, washbasins, doorknobs, buttons and switches with disinfectants regularly.
- Provide adequate supply of toilet paper, paper towels (if provided) or hand dryers and liquid soap at all times.
- Ensure toilet-flushing apparatus is functioning at all times.
- Ensure that all sanitary pipes and fittings are in good working condition.
- Maintain proper checks, so student toilets are cleaned always.

Cleaning staff are encouraged to:

- Soak cleaning cloths in bleach or cleaning detergent at the proper concentration according to manufacturer's instructions and wash the cloth after use and before reuse.
- Clean and disinfect all cleaning equipment immediately after use.

(D) Food Hygiene/Also applies to Canteens

- Ensure all products are obtained from licensed food sources.
- Cover food properly to prevent contamination.
- Use proper utensils to pack food in containers, brown papers etc.
- Do not keep personal belongings in food preparation areas. A separate locker area should be provided for storage of personal belongings.
- Do not use cracked or chipped crockery as germs can harbour in the cracks.
- Use separate chopping boards, knives and other instruments for raw and cooked foods to prevent cross-contamination.
- Use clean disposable gloves when handling food.
- Store raw food and cooked/ready-to-eat food separately.

(E) Pest Control

- Check the site daily and remove all potential vector breeding sites.
- Look out for signs of pest infestation such as rat droppings or burrows and cockroach droppings.

- Engage a registered vector control operator to implement a pest control programme for the site.

(F) Sports Facilities

- Disinfect exercise equipment and frequently touched areas with disinfectants daily.
- Increase rate of ventilation to allow as much fresh air into the room.

Note:

Use diagrams and posters for proper advertisements, for example, cover your mouth and nose while coughing etc. Pre-class and smaller children could see and perform these things.

We seek your cooperation in implementing the above practices.

FIJIAN COMPETITION & CONSUMER COMMISSION