

How to take care of waste if in isolation

Translation by Safe Communities Portugal

1. Use a bin just for you.

The remaining household members use a separate bin for the waste (“rubbish”) they produce.

2. Do not press the rubbish

Never step on/press waste (“rubbish”)

3. Never completely fill the plastic bag with rubbish

The plastic bag should only be filled with waste (“rubbish”) up to 2/3 of its capacity.

4. Close the rubbish bag tightly
 - With a tie or adhesive or with 2 tight knots
 - When closing the plastic bag do not remove the air from it
 - Put this bag inside a second plastic bag

5. Close the second plastic bag tightly

With a tie or adhesive or with 2 tight knots

6. Protect yourself
 - Tie the first plastic bag with protected hands (gloves)
 - Remove the gloves correctly without touching the outsider and throw them onto the tied plastic bag
 - Wash your hands immediately
 - Tie the second plastic bag
 - Wash your hands immediately

7. Do not allow yourself to be contaminated, nor contaminate

- Never let the rubbish bag touch your clothes or body
- Never use the hand that carries the rubbish bag to open/close doors, touch door handles, light switches, lift buttons or the lid of the building/street collective waste bin
- When returning home, do not use the hand that held the bag of waste (“rubbish”)
- Wash your hands immediately with soap and water

8. Immediately place the rubbish bags inside the building/street collective waste bin

- Immediately take the bags with the sick/quarantined person’s rubbish to the building/street collective waste bin



- In the sick/quarantined person's home, do not separate waste for recycling, and NEVER put their waste ("rubbish") in the collective recycling bin

9. Always wash your hands

Always wash your hands with soap and water for at least 20 seconds after any handling of waste, waste bins or collective waste containers.

Wash and disinfect bins regularly.

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