

GUIDANCE FOR TESTING DURING COVID-19 PANDEMIC

December 2021

Annex B – Safety Measures Information Guide

ADOs should ensure that the following guidance is reviewed with and applied by Sample Collection Personnel. This information can be adapted based on any further national and/or health regulations specific to the relevant country. Please amend accordingly.

1. Hand Washing

Instruct Sample Collection Personnel to:


- a) Clean their hands by rubbing them with an alcohol-based formulation, as the preferred mean for routine hygienic hand antisepsis, if hands are not visibly soiled. It is faster, more effective, and better tolerated by hands than washing with soap and water. This should take 20-30 seconds and is referred to as the **‘hand rub’ technique**.
- b) Wash their hands with soap and water when hands are visibly dirty or visibly soiled or after using the toilet. This should take 40-60 seconds and is referred to as the **‘hand wash’ technique**.

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HOW TO HANDRUB?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

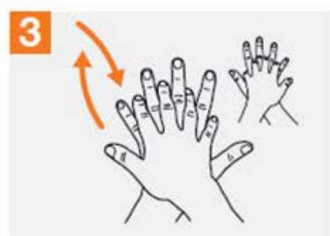
 **Duration of the entire procedure: 20-30 seconds**



Apply a palmful of the product in a cupped hand, covering all surfaces;



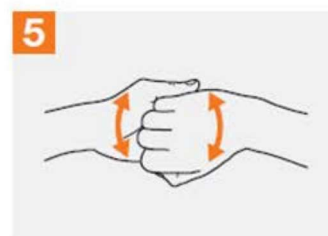
Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



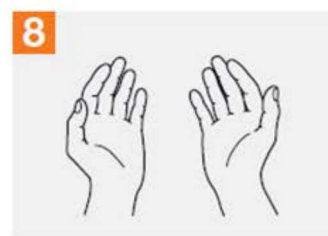
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

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HOW TO HANDWASH?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

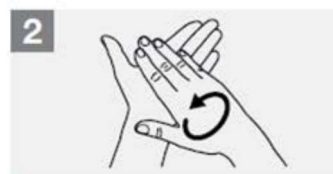
 Duration of the entire procedure: 40-60 seconds



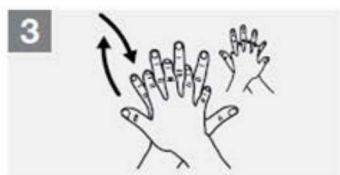
Wet hands with water;



Apply enough soap to cover all hand surfaces;



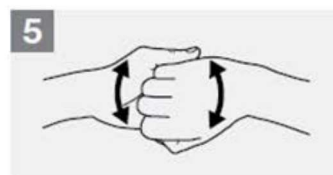
Rub hands palm to palm;



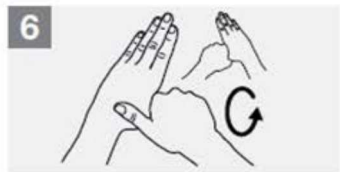
Right palm over left dorsum with interlaced fingers and vice versa;



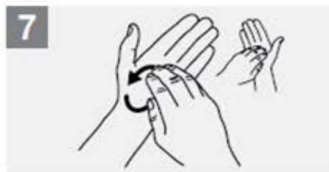
Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



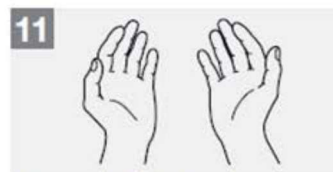
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

Reference: World Health Organization, Hand Hygiene:

https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf

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2. Gloves

When wearing gloves, instruct Sample Collection Personnel to:

- a)** Perform hand hygiene immediately before using and after removing gloves. It is important that hands be clean and dry before putting gloves on.
- b)** Change gloves and perform hand hygiene during sample collection if gloves become damaged or gloves become visibly soiled following a task.
- c)** Gloves should be put on immediately prior to engaging with the athlete and changed after touching any surfaces that may be contaminated.
- d)** Never wear the same pair of gloves for more than a single sample collection.
- e)** Carefully remove gloves to prevent hand contamination. Follow the instructions provided in the diagram below and ensure that there is no direct contact with the outside of the gloves.

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Additional Reminders for use of Gloves:

- **DON'T** remove one glove, and then pull the other glove off by the fingertips.
- **DON'T** reuse disposable gloves once they have been removed.
- **DO** change gloves when soiled or if torn.
- **DO** dispose of used gloves appropriately.
- **DO** cleanse hands before putting gloves on and after their removal and disposal.

Reference: <https://www.globus.co.uk/how-to-safely-remove-disposable-gloves>

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3. Face Masks

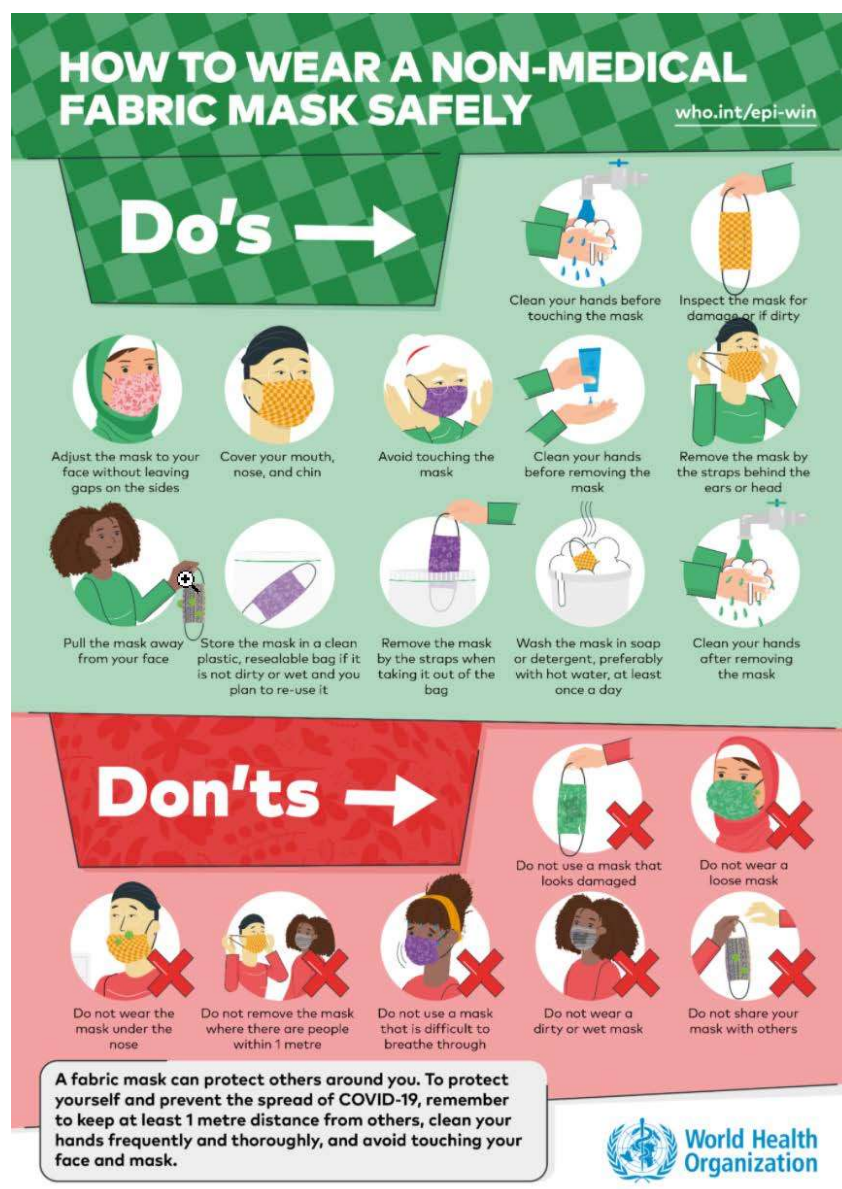
When using disposable face masks, Sample Collection Personnel should be informed of the following:

- a) Disposable face masks should only be used once.
- b) Disposable face masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- c) Disposable face masks must be removed along with other waste generated from the sample collection session (i.e., Sample Collection Personnel must leave with all the sample collection session waste).
- d) When using disposable face masks, follow these instructions:
 - i) Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
 - ii) Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
 - iii) Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
 - iv) Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
 - v) To remove the mask: remove it from behind the ears or head (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

NOTE: Medical or non-medical masks could be acceptable although it is imperative that the masks be worn properly. See the instructions on the next two pages. The mask should be of good quality and if non-medical, should ideally consist of three layers of material that properly cover the mouth, nose and chin and contain a nose wire.

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Reference:

[https://www.who.int/images/default-source/health-topics/coronavirus/clothing-masks-infographic---\(web\)-logo-who.png?sfvrsn=b15e3742_18](https://www.who.int/images/default-source/health-topics/coronavirus/clothing-masks-infographic---(web)-logo-who.png?sfvrsn=b15e3742_18)

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[https://www.who.int/images/default-source/health-topics/coronavirus/masks-infographic---final-\(a4---web---rgb\).png?sfvrsn=cb3153cf_13](https://www.who.int/images/default-source/health-topics/coronavirus/masks-infographic---final-(a4---web---rgb).png?sfvrsn=cb3153cf_13)

For more information on the use of Face Masks, please visit:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>