



COMMUNITY LEVEL COORDINATION, PLANNING AND MONITORING

Operational Planning Guidelines to Support Community Preparedness and Response to COVID-19

This document includes only Annex 1 (a 30-day suggested supply list)

The full document can be found [here](#)

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Annex 1 – A 30-day suggested supply list

Why Red Cross believes the following recommendations are important:

- Based in the experience of H1N1 it is anticipated that Indigenous Populations (IPs) will be more susceptible to COVID-19 than non-Indigenous people living in Canada, and that they will face specific challenges within their contexts that will need adapted recommendations.
- Recognition that IPs report higher rates of underlying conditions that can increase vulnerability to COVID-19 (i.e. as active tuberculosis, chronic obstructive pulmonary disorder, diabetes, and HIV/AIDS) as opposed to non-IP populations living in Canada.
- All the recommendations below, based on standards from WHO, UNICEF, PHAC SPHERE, CDC, and additional public health resources, need to be shared as widely as possible among community memberships so all individuals have the information they need to make safe choices to protect themselves. The key to this is the WHO's focus on hand hygiene and its directives to identifying symptomatic individuals, isolating them and testing them to protect their communities.

Note: a household herein is considered as a unit of five people. Knowing the number of households and the number of people per household will be key to making a proper procurement plan.

Summary of Recommendations:

Item	Reason	Quantity
Soap	Hand hygiene	13 bars of soap per family of 5 per month
Thermometers	Temperature monitoring	2 per household (lifetime)
Alcohol swabs	Thermometer Cleaning	300 wipes per month (assuming 2x temperature per day)
Laundry Soap	HH cleaning	2 kg per family per month
Spray bottle	Surface cleaning	1 per household

Hand hygiene

Recommended protective action to take at the household level.	Calculation of supplies needed for personal protection of households.	Recommended supplies for a household unit of five people, which can then be multiplied by units of five
<p>Ensure adequate amount of soap</p> <p>Liquid Soap (e.g. on entry to home, after using rest facilities, before eating, before touching face (e.g. for applying makeup, taking medication))</p> <p>Soap and water are effective for removing germs from hands when hands are washed for at least 20 seconds (including your palms, back of each hand, between fingers, thumbs and under nails)</p>	<p>Bars of soap: It is estimated that one bar will be required, for each hand washing station, per week for five people (e.g. at kitchen sink, bathroom sink)</p> <p>One 250g bar of soap per person per month (for bathing)</p> <p>and</p> <p>One 250g bar of soap at each handwashing station per week (for kitchen sink, bathroom sink)</p> <p>OR</p> <p>Liquid Soap It is estimated that two bottles of 250ml will be required for each hand washing station, per week for five people (e.g. at kitchen sink, bathroom sink).</p> <p>3ml soap (slightly less than 1tsp) per hand wash, assuming 10 hand washes per day: = 10 washes x 3ml x 5ppl = 150ml per day</p> <p>150ml per day x 7 days = 1050ml of liquid soap per week (or approximately 1L per household, to be divided between two handwashing points)</p> <p>4L total liquid soap per month (in bottles = 16 x 250ml bottles, or 4L total)</p>	<p>Recommendation:</p> <p>13 bars of soap per family of five, per month (five for bathing and eight for handwashing) (one bar of soap in bathroom per week and one bar of soap in kitchen per week)</p> <p>OR</p> <p>16 x 250ml bottles of liquid soap (4L total) plus five bars of soap per family of five, per month: (16 bottles for use at handwashing stations, plus five bars of soap for bathing)</p>

Household cleaning

Recommended protective action to take at the household level.	Calculation of supplies needed for personal protection of households.	Recommended supplies for a household unit of 5 people, which can then be multiplied by units of five
<p>First, remove debris with broom; dust surfaces.</p> <p>Open windows and doors, if possible, for ventilation while cleaning with bleach solution.</p> <p>Prepare bleach solution; reserve some to wash gloves after cleaning.</p> <p>Start with upper surfaces (tabletops, night stands, switches, counters), wiping downwards with solution.</p> <p>After cleaning surfaces (toilets, light switches, door handles, counters, tabletops, toilets); then as often as possible wash walls then floors, going top to bottom, ideally at least once per week.</p> <p>Allow mop to dry between cleanings.</p> <p>Wash gloves after use with bleach solution or soap and water.</p>	<p>It is estimated that 250ml of bleach will be required for every 1 family of 5, per week: = 1L per month.</p> <p>Bleach solution to be mixed in a bucket: 0.5% sodium hypochlorite solution (0.5% Chlorine solution); this means 25ml (approximately 2 TBSP = 30ml) of product in 5L of water; which usually translates to about 2 capfuls.</p> <p>One time cleaning per day with bleach solution.</p> <p>30ml x 30 days = 900 ml.</p> <p>A family of 5 needs approximately 1L bleach per month (if you include spillage); or 3 L for 3 months.</p> <p>Note: Bleach is typically sold in 3.4L jugs; which should last 3 months and would account for spills.</p>	<p>1L bottle of bleach per month; or 3.4L jug for 3 months (0.4L will allow for spillage).</p> <p>1 package of microfiber/ soft cloths or sponges.</p> <p>2 pairs rubber gloves (one for backup or use when others are wet)</p> <p>1 broom (one-time)</p> <p>1 mop (one-time)</p> <p>1 bucket (6L or greater, requires space for 5L water, to be used for cleaning)</p> <p>1 spray bottle for bleach solution, as a possible alternative for surface cleaning.</p>

Technology and Device Cleaning

Recommended protective action to take at the household level.	Calculation of supplies needed for personal protection of households.	Recommended supplies for a household unit of 5 people, which can then be multiplied by units of five
<p>Technology should be cleaned frequently.</p> <p>This includes cellphones, tablets, computer screens, keyboards, television remotes and buttons.</p> <p>Alcohol should be sprayed on microfiber cloth. Cloth should then be used to clean the device.</p> <p>Cloth should be changed daily and washed in between use.</p>	<p>It is estimated that one 630ml of bottle of will be required for every family of five, per month.</p> <p>With 70% ethyl or isopropyl alcohol, recommend; 'frequently' (see Canada. 3)</p> <p>Spray bottle; 1 to 1.24ml per spray;</p> <p>Given this is often sold in quantities of 630ml:</p> <p>630ml/ 1 or 1.25ml per spray = between 504 to 620 sprays or 16.8 to 21 sprays per day (or 3-4 per person, per day)</p>	<p>Ethyl alcohol for cleaning devices</p> <p>1 bottle 630ml of alcohol (ethyl* or isopropyl) per household per month</p> <p>1 spray bottle to put alcohol in.</p> <p><i>Note: *If ethyl alcohol can be purchased in a spray bottle, this is preferred.</i></p> <p>1 package of microfiber cloths or sponges.</p>

Laundry and Clothing Hygiene

Recommended protective action to take at the household level.	Calculation of supplies needed for personal protection of households.	Recommended supplies for a household unit of 5 people, which can then be multiplied by units of five
WASH recommends 200g laundry soap per person per month	<p>It is estimated that families will need 200g of laundry soap per person, per week</p> <p>200g laundry soap x 5 people = 1kg;</p> <p>Note: Recommended this be doubled to take account for linens and towels (for a total of 2kg)</p>	<p>2kg of laundry soap will be required for every family of five, per month</p>

Daily Self-Monitoring of Temperature

Recommended protective action to take at the household level.	Calculation of supplies needed for personal protection of households.	Recommended supplies for a household unit of 5 people, which can then be multiplied by units of five (i.e. double for 10 people, triple for 15 people, etc.)
<p>At home temperature taking, (at home thermometer) will help with early detection, monitoring symptoms, and can help identify symptomatic people for Health Care Providers (HCPs) and enable quick follow-up.</p> <p>This should be daily practice for HCPs; and could provide early warning.</p> <p>Thermometer use and cleaning.</p>	<p>A thermometer is best for taking temperatures by the armpit and mouth.</p> <p>Wash digital and glass thermometers with lukewarm water and soap between uses. If rubbing alcohol is available, this may also be used to clean the thermometer with it and a soft cloth.</p> <p>Place the thermometer back into its case after each use.</p> <p>Store it in a safe place, away from your child's reach.</p>	<p>2 thermometers per household unit (one to use and one spare); Thermometers can be digital or contactless</p> <p>Alcohol wipes: 3 boxes of 100 swabs per household per month. (5 persons take temp 2X daily = 10 wipes per day and 300 alcohol wipes needed for 1 month per household of five.</p> <p><i>Alternate option to alcohol wipes: 1 bottle of rubbing alcohol and a 1 bag of cotton pads per month.</i></p>