

Izjava strokovnjakov za javno zdravje o varnosti izdelkov za ponovno uporabo in COVID 19

Sistemi ponovne uporabe in ponovnega polnjenja so ključni del naslavljanja krize onesnaževanja s plastiko in način, kako se distancirati od gospodarstva, ki temelji na fosilnih gorivih. Ti sistemi lahko ustvarijo delovna mesta in pomagajo pri grajenju lokalnih gospodarstev. Globalna pandemija COVID-19 je sprožila diskusijo o tem, kako zagotoviti, da bodo sistemi ponovne uporabe varni v času krize javnega zdravja. Temelječ na najboljših razpoložljivih znanstvenih dognanjih in smernicah s strani strokovnjakov za javno zdravje **je jasno, da sisteme ponovne uporabe lahko varno uporabljamo z upoštevanjem osnovne higiene.** V nadaljevanju so navedena ključna dejstva, ki jih moramo imeti pri tem v mislih.

Dostopni dokazi kažejo na to, da se virus primarno širi z vdihavanjem aerosolnih kapljic in ne pri stiku s površinami

Glede na ameriške Centre za nadzorovanje in preprečevanje bolezni (CDC), se »virus primarno širi z neposrednim stikom ... med ljudmi, ki so v tesnem medsebojnem stiku, z respiratornimi kapljicami, ki nastanejo, ko okužena oseba kašlja, kiha ali govori.¹« Medtem ko »obstaja možnost, da se oseba s COVID-19 okuži tako, da se dotakne površine ali predmeta na katerem se nahaja virus in se nato dotakne svojih ust, nosu ali morebiti oči,« so aerosolne kapljice do sedaj edina dokumentirana metoda prenosa virusa COVID-19.²

Izdelki za enkratno uporabo predstavljajo podobne težave kot tisti za ponovno uporabo

Študije so pokazale, da se lahko virus COVID-19 na površinah zadržuje različno dolgo časa, odvisno od materiala. Ena študija je pokazala, da se je nalezljiv virus na papirju in kartonu zadrževal do 24 ur in med 2-3 dnevi na plastiki in nerjavečem jeklu.^{3,4} V drugi študiji so ugotovili, da se virus zadržuje tudi na potiskanem ali vpojnem papirju, medtem ko je bil na blagu aktiven do 1 dneva, do 3 dni na steklu in 6 dni na plastiki in nerjavečem jeklu.⁵ Da bi preprečili prenos preko predmetov in površin, lahko predpostavljamo, da sta lahko vsak predmet ali površina na javnem prostoru – takšna za ponovno ali enkratno uporabo – okužena z virusom. Plastika za enkratno uporabo ni bistveno varnejša kot tista za večkratno uporabo ter povzroča dodatno grožnjo javnemu zdravju, ko jo enkrat zavržemo.

Produkte za ponovno uporabo je enostavno očistiti

Najbolj pogosto odobrena dezinfekcijska sredstva za gospodinjstvo⁶ bi morala biti učinkovita pri dezinfekciji trdih površin, vključno s predmeti za večkratno uporabo, pri čemer morajo biti takšne površine, če so vidno umazane, pred uporabo razkužila temeljito očiščene s pomočjo detergenta ali mila ter vroče vode. Pralni in pomivalni stroji bi morali biti učinkoviti, če se jih uporablja po navodilih proizvajalca in da se, v primeru pranja perila, uporablja za oblačila najprimernejša najvišja temperatura, pri čemer jih tudi popolnoma posušimo. Učinkovito se lahko zaščitimo tudi z umivanjem rok z milom in vodo ali razkuževanjem rok z gelom na alkoholni osnovi, pri čemer se moramo izogibati dotikanju svojih oči, ust ali nosu.^{7,8}

¹ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

² <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

³ <https://www.nejm.org/doi/full/10.1056/NEJMc2004973>

⁴ [https://www.thelancet.com/journals/lanmic/article/PIIS2666-5247\(20\)30003-3/fulltext](https://www.thelancet.com/journals/lanmic/article/PIIS2666-5247(20)30003-3/fulltext)

⁵ [https://www.thelancet.com/journals/lanmic/article/PIIS2666-5247\(20\)30003-3/fulltext#coronavirus-linkbac%20k-header](https://www.thelancet.com/journals/lanmic/article/PIIS2666-5247(20)30003-3/fulltext#coronavirus-linkbac%20k-header)

⁶ <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

⁷ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

⁸ [https://www.journalofhospitalinfection.com/article/S0195-6701\(20\)30046-3/fulltext](https://www.journalofhospitalinfection.com/article/S0195-6701(20)30046-3/fulltext)

Najboljše prakse za izdelke ponovne uporabe v trgovskih prostorih

#1. Upoštevajte navodila za varnost hrane/zdravstvene predpise. V trgovinah in pri gostinskih storitvah so krožniki, pribor, kozarčki ali prtički za večkratno uporabo uporabljeni v skladu s strogimi državnimi postopki za varnost hrane in so zapisani v zdravstvenih predpisih. Umivanje v komercialnih pomivalnih ali pralnih strojih na zelo visokih temperaturah, z dodatnimi postopki dezinfekcije, je v teh industrijah standard in zagotavlja več kot zadostno zaščito pred prenosom virusa.

#2. Izvajajte dodatne higienske ukrepe za COVID. Dejstvo je, da so izdelki za ponovno uporabo varni, če so očiščeni z milom ter vodo in da ničesar ne more nadomestiti osnovne, temeljite higijene. Podjetja, ki se ukvarjajo s preprodajo živil morajo v zvezi s prakso prodaje in COVID-19 varnosti slediti navodilom in smernicam Agencije za hrano in zdravila (FDA).⁹

#3. Uvedite sisteme brez kontaktov za osebne torbe/vreče in kozarčke strank. Sistemi, v katerih ni stika med strankinimi kozarčki, posodicami ali vrečkami za večkratno uporabo ter površinami trgovine, lahko zaščitijo delavce in predstavljajo preventivni pristop pri prenosu COVID-19. Npr. Occupational Safety and Health Administration (Uprava za varnost in zdravje pri delu) v Kaliforniji priporoča, da bi vsakič, »ko stranka prinese svoje lastne vreče, zaposleni moral:

- Se izogibati dotikanju kupljenih živil in jih ne pospravljati v vreče, ki jih je s seboj prinesla stranka.
- Prositi stranke naj svoje vreče pustijo v nakupovalnem vozičku.
- Prositi stranke, da v svoje vreče same pospravijo nakupljena živila.«¹⁰

#4. Zagotovite varnost delavcev. Poleg vlaganja v varne in dostopne sisteme ponovne uporabe, se lahko trgovci poslužijo tudi drugih metod za zaščito svojih delavcev, vključno s tem, da jim zagotovijo PPE, plačano bolniško odsotnost, manjšo zasedenost trgovin in od strank zahtevajo, da med svojim nakupovanjem nosijo maske in držijo varnostno razdaljo. Stranke naj s svojimi izdelki za ponovno uporabo med nakupovanjem v trgovinah upravljajo same.

Odobrili/podpisali: Strokovnjaki za javno zdravje

⁹ <https://www.fda.gov/food/food-safety-during-emergencies/best-practices-retail-food-stores-restaurants-and-food-pick-up-delivery-services-during-covid-19>

¹⁰ <https://www.dir.ca.gov/dosh/Coronavirus/COVID-19-Infection-Prevention-in-Grocery-Stores.pdf>

Seznam podpisnikov po državi/regiji

Nazivi in povezave so vključeni, da bi pokazali širino in globino strokovnega znanja podpisnikov. Niso vključeni, da bi pomenili potrditev s strani njihovih delodajalcev.

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