CORONAVIRUS DISEASE (COVID-19)

Brief Update
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Total confirmed COVID-19 cases

The number of confirmed cases is lower than the number of total cases. The main reason for this is limited testing.

https://covid19.who.int/ - WHO dashboard

Source: European CDC – Situation Update Worldwide – Last updated 23rd June, 11:20 (London time)
OurWorldInData.org/coronavirus • CC BY
The number of confirmed COVID-19 cases in Africa is growing rapidly.

Confirmed cases of COVID-19 as of Mar 31, 2020, number

- Isolated cases
- Small cluster
- Community transmission

Total COVID-19 cases, thousands

A comparison of the total number of COVID-19 cases reported over the past 46 days (since the last case reported in each region) shows Africa well behind the intensity seen in Europe.
Prevention is the Best Cure
PLEASE PRACTICE

SOCIAl DISTANCING

MAINTAIN A 2M DISTANCE FROM OTHERS
Put a Physical Barrier Between You & the Virus

• Use Physical Distancing
  – Can you reduce/minimize current activities involving close physical contact with others/local population?
  – Can you maintain 2 meters/6 feet from others?
  – Can you use phone/video instead for your work?
  – Reduce face to face interaction with others?
  – Can you change practice to maintain 6 feet distance? Eg. Put barriers

• Audit and check on the practical implementation of social distancing in congregate settings
  – Arrange staggered meal times
  – Eat in small groups
  – Ban all games and socialization activities

• Restrict / strictly limit visitors; screen all calls and visitors to assess if people are ill
Minimize Group / Socialisation Activities

How far is 2m for social distancing? Here's an estimation:
In Congregate Settings, Place Beds 6 Feet Apart


For single beds positioned next to each other (side-to-side):
- At least 6 feet apart AND patient’s laying position is head to toe

For beds positioned across from one another (end-to-end)
- Feet of beds are at least 6 feet apart AND patient’s laying position is toe to toe.
Rearrange Laying Position Head to Toe

For single beds:
• Position beds at least 3 feet apart.
• Consider placing partitions (e.g., nailing string from wall-to-wall and hanging sheets or blanket, using dressers or cardboard boxes as a barrier, etc) between beds.
• Ensure patient’s laying position is head to toe.
Put a Physical Barrier Between You & the Virus

• Use PPE when you cannot maintain 6 feet distance (see next pages)

• Please carry hand sanitizer, disinfecting wipes, disposable gloves, cloth mask with you at all times
Put a Physical Barrier Between You & the Virus


<table>
<thead>
<tr>
<th>Category No.</th>
<th>Activities Undertaken by Personnel</th>
<th>Type of PPE / Cloth Face Covering Required to Reduce COVID-19 Exposure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Able to maintain at least 2m distance from others</td>
<td>No PPE required.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cloth face covering can be considered for use. (Not generally needed if maintaining 2 meter distance).</td>
</tr>
<tr>
<td>2</td>
<td>Not able to maintain at least 2m distance from others</td>
<td>Cloth face covering can be considered for use.</td>
</tr>
<tr>
<td></td>
<td>No physical contact with others</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Not able to maintain at least 2m distance from others</td>
<td>Cloth face covering and gloves can be considered as local supply allow.</td>
</tr>
<tr>
<td></td>
<td>Have direct physical contact with others</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Not able to maintain at least 2m distance from others</td>
<td>Cloth face covering, medical mask, eye protection, and gloves and can be considered as supply allows and as per one’s risk assessment of situation.</td>
</tr>
<tr>
<td></td>
<td>Anticipate splashes or exposure to bodily fluids.</td>
<td></td>
</tr>
</tbody>
</table>
**TYPES OF MASKS**

1. **N95 RESPIRATOR**
   Named so because it filters out at least 95% of small particles. N95s are highgrade protective gear that should only be worn by medical workers interacting with infected people on a daily basis.
   DIAMETER FILTRATION CAPACITY: 0.3 microns

2. **SURGICAL/MEDICAL MASKS**
   They are loose fitting and protect only from larger particles compared with the N95s. Should be reserved for healthcare workers only.
   DIAMETER FILTRATION CAPACITY: >5 microns

3. **CLOTH MASKS**
   For everyone else, if you don’t already own and use one of the masks above, a simple homemade cloth mask should provide enough protection if you are following social distancing measures.
   DIAMETER FILTRATION CAPACITY: >10 microns
General public/ Staff working in other areas than health facilities

Cloth mask
(non-medical mask)

Triage / Points of entry screening personnel/ Ambulance drivers that are not handling patients

Medical mask

Caring for a suspected/confirmed case with NO aerosol-generating procedure (including ambulance staff)

Eye protection
Medical mask
Gown
Medical gloves
How to Wear a Non-Medical Fabric Mask Safely

Do's

- Adjust the mask to your face without leaving gaps on the sides
- Cover your mouth, nose, and chin
- Avoid touching the mask
- Clean your hands before removing the mask
- Clean your hands before touching the mask
- Inspect the mask for damage or if dirty
- Remove the mask by the straps behind the ears or head
- Pull the mask away from your face
- Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it
- Remove the mask when taking it out of the bag
- Wash the mask in soap or detergent, preferably with hot water, at least once a day
- Clean your hands after removing the mask

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face.

**HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY**

**Don’ts**

- Do not use a mask that looks damaged.
- Do not wear a loose mask.
- Do not wear the mask under the nose.
- Do not remove the mask where there are people within 1 metre.
- Do not use a mask that is difficult to breathe through.
- Do not wear a dirty or wet mask.
- Do not share your mask with others.
Don’t Introduce the Virus Into Your Body

• Wash your hands frequently
  – Ensure sufficient hand hygiene stations/points.
  – Remind to practise regular hand washing

• Don’t touch your face (eyes, mouth, nose)

• Clean and disinfect surfaces

• Dispose of used PPE carefully.
If You Suspect Exposure to the Virus….

- Wash hands immediately
- Inform your supervisor/medical team
- Immediately stay home / quarantine yourself for 14 days
- Self-monitor for yourself for 14 days for fever and symptoms – you can use this daily log
Quarantine vs Isolation – Word on Terminology

**Quarantine**
- healthy person
- exposed
- staying at home + away from others

**Versus**

**Isolation**
- known case
- sick (even mild symptoms)
- staying at home + away from others
Strict Segregation of Different Groups

• DO NOT mix the following 3 groups.

• Keep each group under strict isolation/quarantine and way from each other

• 1. **Suspect** COVID case

• 2. **Lab Confirmed** COVID cases

• 3. **Contacts** who are well but was exposed
Segregate Strictly These Different Groups
No Mixing Of These Groups with Each Other / Well Persons

**ISOLATION**
- Suspect COVID Case
  (symptomatic but labs not done/pending)
- Lab Confirmed COVID Case
  (can be symptomatic or asymptomatic)

**QUARANTINE**
- Well Contacts
  (non-sick people but who were exposed to a COVID case)

**REGULAR INDIVIDUALS**

When to Release from Isolation or Quarantine?
(Please consult also your Local Health Authorities)

**ISOLATION**

- **Suspect COVID Case** (symptomatic but labs not done/pending)

- **Lab Confirmed COVID Case** (can be symptomatic or asymptomatic)

**QUARANTINE**

- **Well Contacts** (non-sick people but who were exposed to a COVID case)

  - Release only after 14 days from date of exposure to case.

  *If become symptomatic, start isolation process ASAP*

**Symptomatic patients:** Release **10 days after symptom onset, plus at least 3 additional days without symptoms**

**Asymptomatic cases:** Release **10 days after PCR positive test result**
Asymptomatic Spread?

- Current evidence: *Most transmission occurs from symptomatic people through close contact with others.*

- Available evidence from contact tracing reported by countries suggests that *asymptomatically infected individuals are much less likely to transmit the virus than those who develop symptoms.*

  - *Comprehensive studies on transmission from asymptomatic patients are difficult to conduct*
  
  - *WHO is working with countries around the world, and global researchers, to gain better evidence-based understanding of the disease as a whole, including the role of asymptomatic patients in the transmission of the virus.*
All Individuals for Self-Monitor for Temperature and Symptoms

<table>
<thead>
<tr>
<th>Primary Symptoms</th>
<th>Less Frequent Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COVID-19</strong></td>
<td></td>
</tr>
<tr>
<td>• cough</td>
<td>• chills</td>
</tr>
<tr>
<td>• fever</td>
<td>• repeated shaking with chills</td>
</tr>
<tr>
<td>• shortness of breath</td>
<td>• headache</td>
</tr>
<tr>
<td>• fatigue</td>
<td>• loss of taste or smell</td>
</tr>
<tr>
<td></td>
<td>• muscle aches and pains</td>
</tr>
<tr>
<td></td>
<td>• sore throat</td>
</tr>
<tr>
<td></td>
<td>• runny or stuffy nose</td>
</tr>
<tr>
<td></td>
<td>• nausea or diarrhea</td>
</tr>
</tbody>
</table>

**Symptoms Requiring Immediate Medical Attention (COVID-19)**

- difficulty breathing or shortness of breath
- persistent pain or pressure in the chest
- new confusion or difficulties waking up
- bluish lips or face
Now That I am Sick.....
If You Have COVID-Like Symptoms or have Positive Test Result

• Self-isolate immediately

• Contact tracing needs to be initiated
  – All close contacts need to be quarantined for 14 days

• Must be watchful of severe symptoms if you have high risk condition (see next page)

• Please note that co-infection is possible – eg you can have Malaria + COVID at the same time
Who are Those At Higher Risk?

Be **SAFE** from #coronavirus

if you are 60+ or if you have an underlying condition like:

- **Cardiovascular disease**
- **Respiratory condition**
- **Diabetes**

by avoiding crowded areas or places where you might interact with people who are sick.
About Cleaning & Disinfecting of Surfaces
How do I clean and disinfect?

Put on disposable gloves.
Throw them away when you’re done.

First, clean to remove dirt.
Use soap and water to remove dirt and some germs.

Next, disinfect to kill germs.
Disinfectants need different times to work. Follow the directions on the label.

Throw away gloves and wash your hands.
Scrub hands for 20 seconds with soap and warm water.

What should I use?

Products with EPA-approved emerging viral pathogen claims.

Products with at least 70% alcohol solutions.

Mix 4 teaspoons bleach with 1 quart of water.
How often should I clean and disinfect?

1-3 times a day

Bathrooms, kitchens and surfaces people touch often.
Like light switches, remotes, door handles, phones and toys.
Put away toys that are hard to clean.

Weekly

Sleeping areas. Clean and disinfect more often when dirty or between people.
You Can’t Say It Enough.....
Repeat Preventive Messages, Adapt in Local Language
Responding to COVID-19
Real-time training in national languages

Current courses

Virus respiratórios emergentes, incluindo COVID-19: métodos de...
COVID-19 dahil, ortaya çıkan solunum yolu virüsleri: tani yöntemleri, önleyici...
Rizome Hany Yönetici Vogel: como, como...
Novonastali respiratorni virusi, uključujući COVID-19: metode za otkrivanje,...

https://openwho.org/channels/covid-19-national-languages
Take the Threat Seriously – You Set the Tone as Leaders

- Please have a COVID-19 Plan for Prevention and Response to Cases
- Please run a simulation drill for your office / duty station
KEEP CALM and STOP THE SPREAD

Protect against COVID-19
Thank you

Any Questions for the Public Health Team: dos-dhmosh-public-health@un.org

UN Guidance:

WHO Guidance:
https://www.who.int/emergencies/diseases/novel-coronavirus-2019