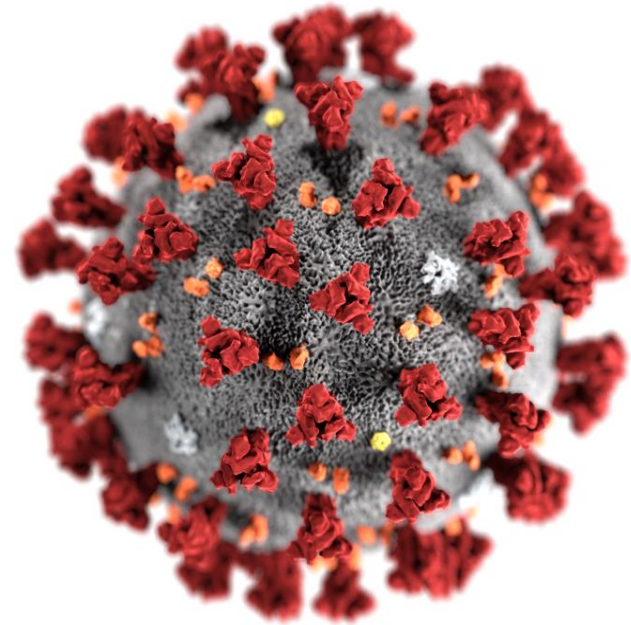




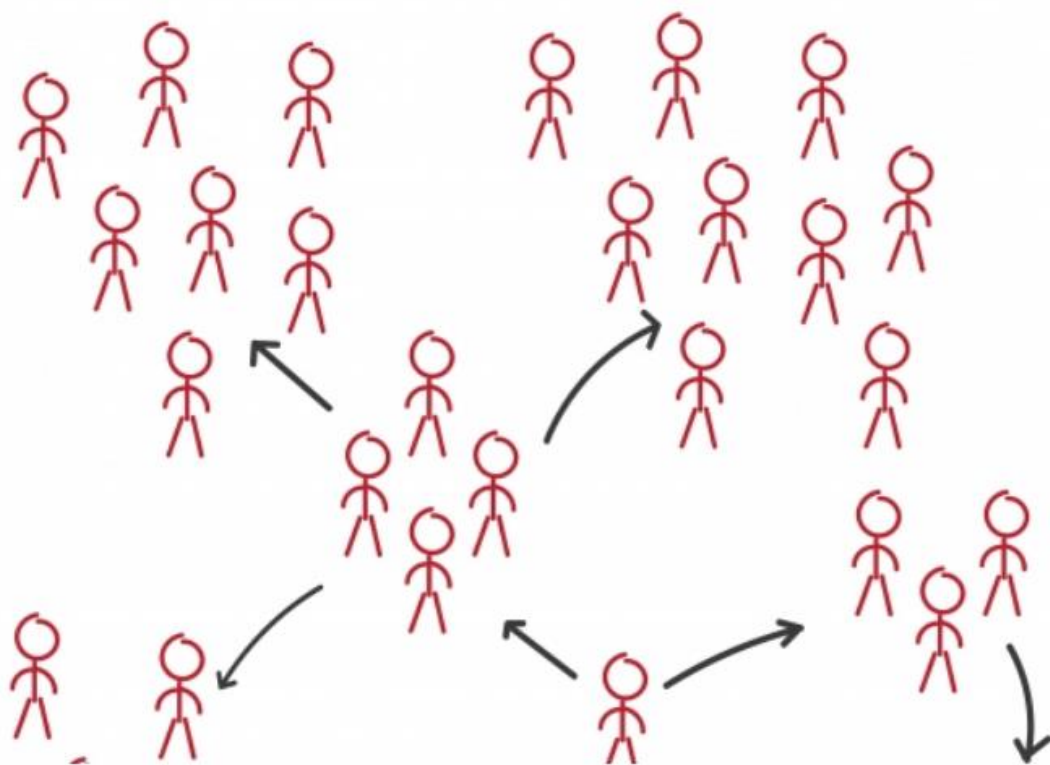
# COVID-19: BREAKING THE CHAIN OF TRANSMISSION THROUGH TESTING, ISOLATION, QUARANTINE

**Information for All UN Personnel**  
**20 July 2020**

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# Break the Chain of Transmission through Early Detection



## Symptoms To Monitor Daily Amongst UN Personnel

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



## Who To Test?

- Testing is only one part of response plan
- Testing by itself will not reduce transmission/  
morbidity & mortality
- Need to Test all who are SYMPTOMATIC:
  - Mask & Isolate ASAP
  - Quarantine all close contacts
  - Test for COVID-19 via PCR





## Who Must Be Quarantined for 14 days?

1. All **contacts** of lab-confirmed or suspected cases
2. Incoming staff travelling from countries of community transmission / rotating troops
  - *Monitored them for fever and symptoms twice daily.*
  - *Local health authorities may recommend testing of asymptomatic contacts*
    - *If symptoms develop/ PCR+, immediately mask & isolate*

**For Uniformed Personnel, please keep as a cohort and away from others:**

- 1. Uniformed personnel who are **patrolling** or who have increased risk of exposure because of their **work duties that involve contact with local community****
- 2. This cohort should live, work and eat together, and **be segregated away from other** contingent members to reduce risk of contamination.**



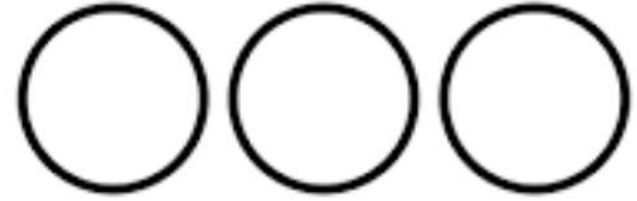


## PCR Testing Strategy?

- PCR Tests should be prioritized for
  - symptomatic persons
  - or units with PCR+ cases
- If planning to mass testing with PCR tests, leadership must be prepared:
  - May find **many asymptomatic persons** who are PCR+
  - Must have **isolation area for large number** of cases
  - Must have **quarantine area for large number** of contacts
  - HCW must have **sufficient PPE** to care for PCR+ cases



## Segregate the Different Groups



- 1. ISOLATION: Confirmed PCR+ cases (can be symptomatic or asymptomatic)**
  - 2. ISOLATION: Suspect (i.e. symptomatic) cases**
  - 3. QUARANTINE: Contacts**
- **Isolation area:**
    - Have dedicated bathrooms and no mixing of isolated persons with others
    - Need to be thoroughly cleaned and disinfected before use by other groups.



## When to Release from Isolation?



- **COVID-19 who is symptomatic:**
  - At least 10 days have passed since symptoms first appeared AND
  - At least 3 days without fever and respiratory symptoms
- **PCR+ COVID-19 case who is asymptomatic:**
  - At least 10 days from specimen collection date

## Please urgently notify up the chain:

- **Anyone with fever and/or respiratory symptoms**
- **Clusters of >2 persons with fever and/or respiratory symptoms**
- **Anyone with suspect/confirmed COVID-19**
- **Anyone with severe shortness of breath without an identified cause**
- **Sudden death**



## 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)

### QUARANTINE

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

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

### 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)

*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*

## 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*





**You Can't Say It Enough.....**

# Repeat Preventive Messages, Adapt in Local Language



<https://openwho.org/channels/covid-19-national-languages>



About this channel

### Current courses



**Vírus respiratórios emergentes, incluindo COVID-19: métodos de...**

Self-paced  
Português

Os coronavírus são uma grande família de vírus que causam doenças que variam do resfriado comum a doenças mais graves, como a

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**COVID-2019 dahil, ortaya çıkan solunum yolu virüsleri: tanı yöntemleri, önleyici...**

Self-paced  
Türk

Koronavirüsler hafif nezleden Orta Doğu Solunum Yolu Sendromu (MERS) ve Şiddetli Akut Solunum Yolu Sendromu (SARS) gibi daha

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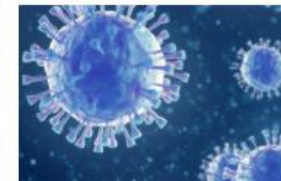


**ویروس های تنفسی نوظهور، که شامل COVID-19 می شود**

Self-paced  
فارسی

کروناویروس ها خانواده بزرگی از ویروس ها هستند که با توجه به شواهد به نظر می رسد می توانند عامل بروز بیماری هایی مانند یک سرخوردگی ساده تا بیماری های شدیدتری چون سندرم

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**Novonastali respiratorni virusi, vključujoči COVID-19: metode za odkrivanje,...**

Self-paced  
slovenski jezik

Koronavirusi su velika familija virusa poznatih po tome da izazivaju različita oboljenja od obične prehlade do ozbiljnih bolesti poput MERS

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## Take the Threat Seriously – You Set the Tone as Leaders

- **Develop a clear COVID-19 SOP for outbreak prevention and management**
- **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](mailto:dos-dhmosh-public-health@un.org)**

**UN Guidance:  
<https://www.un.org/en/coronavirus/reference-documents-administrators-and-managers>**

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



# WHO Case Definition

- <https://www.who.int/publications/i/item/global-surveillance-for-covid-19-caused-by-human-infection-with-covid-19-virus-interim-guidance>

## Suspect case

A. A patient with acute respiratory illness (fever and at least one sign/symptom of respiratory disease, e.g., cough, shortness of breath), AND a history of travel to or residence in a location reporting community transmission of COVID-19 disease during the 14 days prior to symptom onset;

OR

B. A patient with any acute respiratory illness AND having been in contact with a confirmed or probable COVID-19 case (see definition of contact) in the last 14 days prior to symptom onset;

OR

C. A patient with severe acute respiratory illness (fever and at least one sign/symptom of respiratory disease, e.g., cough, shortness of breath; AND requiring hospitalization) AND in the absence of an alternative diagnosis that fully explains the clinical presentation.

# WHO Case Definition

## **Probable case**

A. A suspect case for whom testing for the COVID-19 virus is inconclusive.<sup>1</sup>

OR

B. A suspect case for whom testing could not be performed for any reason.

## **Confirmed case**

A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.

See laboratory guidance for details: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/laboratory-guidance>

# WHO Case Definition

## Contact

A contact is a person who experienced any one of the following exposures during the 2 days before and the 14 days after the onset of symptoms of a probable or confirmed case:

1. Face-to-face contact with a probable or confirmed case within 1 meter and for more than 15 minutes;
2. Direct physical contact with a probable or confirmed case;
3. Direct care for a patient with probable or confirmed COVID-19 disease without using proper personal protective equipment; <sup>2</sup>OR
4. Other situations as indicated by local risk assessments.

Note: for confirmed asymptomatic cases, the period of contact is measured as the 2 days before through the 14 days after the *date on which the sample was taken* which led to confirmation.