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

Information for All UN Personnel
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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

- 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)

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**

*If become symptomatic, start isolation process ASAP*
You Can’t Say It Enough.....
Repeat Preventive Messages, Adapt in Local Language
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


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


**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.¹
   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.

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;  2 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.