

## Basic information on COVID-19

COVID-19 is a new coronavirus disease caused by SARS-CoV2.

### Most commonly noted symptoms:

1. Fever
2. Dry cough
3. Fatigue

### Other less common symptoms:

1. Anxiety
2. Sleep disorders
3. Depression
4. Irritability
5. Confusion

### Symptoms of severe COVID 19 infection:

1. Shortness of breath
2. High temperature (>38 degree celsius)
3. Loss of appetite
4. Confusion
5. Persistent pain or pressure in the chest

### Other symptoms:

1. Loss of taste or smell
2. Nasal congestion
3. Severe body ache
4. Headache
5. Sore throat
6. Muscle or joint pain
7. Conjunctivitis
8. Diarrhea
9. Chills or dizziness

### When to call for emergency medical help?

1. Trouble breathing
2. Persistent pain or pressure in chest
3. New confusion
4. Inability to stay awake or wake up.
5. Pale grey/ blue coloured skin or nails or nailbeds.

## Basic Prevention Strategies:

### 1.Wear a mask:

- Wash hands before wearing a mask
- Wear mask properly, covering nose and mouth securing it under your chin
- Make sure it fits snugly against the sides of your face
- Be sure it is easy to breathe.
- Remove the mask by holding the ear loops or ties.
- Wash cloth masks regularly, preferably in washing machine.
- Store used masks safely in between uses.

### 2.Stay at least 6 feet apart and avoid crowds:

- Keep at least 6 feet distance from others. Remember that people can spread the virus even when they don't have any symptoms.
- Avoid crowded places, especially closed spaces with poor ventilation.

### 3.Wash your hands:

- Wash your hands with soap and water for at least 20 seconds.
- If soap is not available, use alcohol based hand sanitizer.

**4.Avoid touching** your face, mouth and eyes unnecessarily and especially before washing hands.

## Protecting yourself at home

1. Keep the person who is tested positive in isolation, in a separate room, preferably with attached bathroom.
2. Wear a mask when sharing spaces with others.
3. Maintain distance, at least 6 feet from the patient.
4. Avoid handling their clothes, dishes directly by hands. Use hand gloves whenever necessary.
5. Monitor your health daily and be attentive for any symptoms.
6. Special care to be taken of elderly persons, children, or those with any co morbidities in the household.

## High risk for severe disease or mortality:

1. Age > 60 years.
2. Cardiovascular disease, hypertension and CAD
3. Diabetes mellitus and other immune-compromised states.
4. Chronic lung/liver/ kidney disease
5. Obesity

## Prevention from fungal infections:

1. Maintain strong immunity in those affected by COVID 19
2. Strict control of blood sugar levels
3. Self- medication with steroids and antibiotics is to be avoided.
4. Avoiding dead or decayed matter and maintain good personal hygiene is important.

## Home Isolation:

### Must DO's

1. Physical distancing, indoor mask use, hand hygiene.
2. Symptomatic management- hydration, medications
3. Monitor temperature and Oxygen saturations.
4. Stay in contact with the physician.

### Seek immediate medical attention if:

1. Difficulty in breathing
2. High temperatures/ severe cough for more than 5 days

## When should we get tested and which test to be done?

Anyone who has symptoms, should get tested wherever possible. People who have been in contact with a positive person or a likely positive person, should take professional advice from their doctor. While awaiting the test results, the person should be kept isolated for safety reasons.

RT-PCR is the confirmatory test for diagnosing COVID 19 infection. Rapid Antigen test (RAT) are antigen detecting tests. These tests are cheaper as compared to RT-PCR tests and give faster results. Though a positive RAT confirms past infection, a negative result doesn't rule out COVID 19 infection. RT-PCR is advised if RAT is negative and person is symptomatic.

## HAND HYGIENE



World Health Organization

Patient Safety  
A World Alliance for Safer Health Care

SAVE LIVES  
Clean Your Hands

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# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

**Duration of the entire procedure: 40-60 seconds**

<b>0</b>  <p>Wet hands with water;</p>	<b>1</b>  <p>Apply enough soap to cover all hand surfaces;</p>	<b>2</b>  <p>Rub hands palm to palm;</p>
<b>3</b>  <p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<b>4</b>  <p>Palm to palm with fingers interlaced;</p>	<b>5</b>  <p>Backs of fingers to opposing palms with fingers interlocked;</p>
<b>6</b>  <p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<b>7</b>  <p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<b>8</b>  <p>Rinse hands with water;</p>
<b>9</b>  <p>Dry hands thoroughly with a single use towel;</p>	<b>10</b>  <p>Use towel to turn off faucet;</p>	<b>11</b>  <p>Your hands are now safe.</p>

Steps for hand hygiene Source: World Health Organisation (WHO). Hand Hygiene: When and How. Infection Prevention and Practices, WHO. Geneva. Accessed from: <https://www.who.int/teams/integrated-health-services/infection-prevention-control> on 31st May 2021

## DONNING AND DOFFING PPE

### Donning PPE

#### SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

- #### 1. GOWN

  - Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
  - Fasten in back of neck and waist
- #### 2. MASK OR RESPIRATOR

  - Secure ties or elastic bands at middle of head and neck
  - Fit flexible band to nose bridge
  - Fit snug to face and below chin
  - Fit-check respirator
- #### 3. GOGGLES OR FACE SHIELD

  - Place over face and eyes and adjust to fit
- #### 4. GLOVES

  - Extend to cover wrist of isolation gown

#### USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



Steps for donning PPE Source: Centre for Diseases control and Prevention(CDC). (2014). Protecting Healthcare Personnel: Sequence for Donning and Removing Personnel Protective Equipments. CDC. USA Accessed from: <https://www.cdc.gov/hai/prevent/ppe.html> on: 31st May 2021



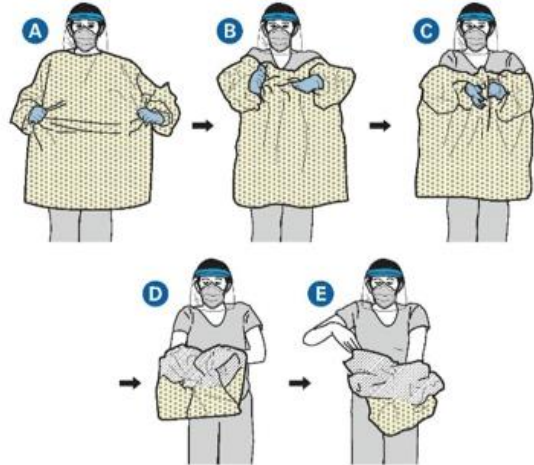
## Doffing PPE

### HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

#### 1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



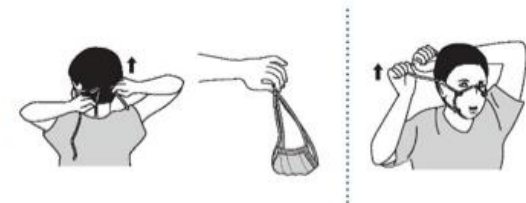
#### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

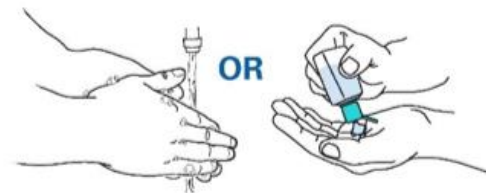


#### 3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



#### 4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS  
BECOME CONTAMINATED AND IMMEDIATELY AFTER  
REMOVING ALL PPE**



Steps for Doffing PPE Source: Centre for Diseases control and Prevention(CDC). (2014). Protecting Healthcare Personnel: Sequence for Donning and Removing Personnel Protective Equipments. CDC. USA Accessed from: <https://www.cdc.gov/hai/prevent/ppe.html> on: 31st May 2021