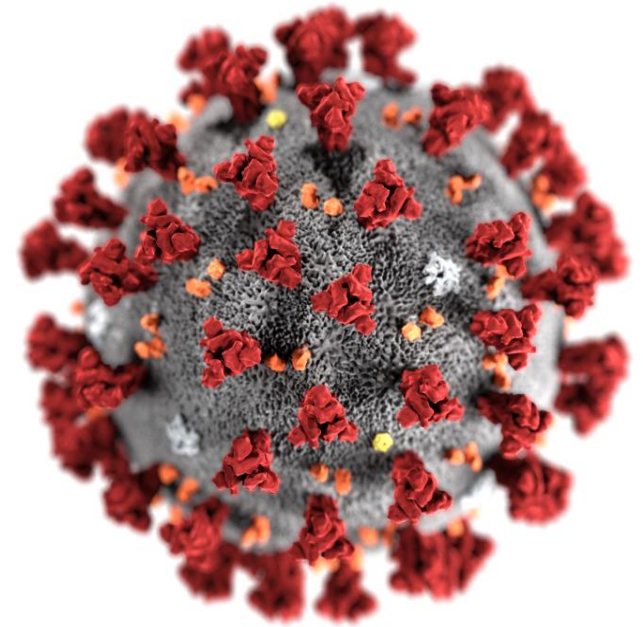




CORONAVIRUS DISEASE (COVID-19)

Brief Update
June 2020

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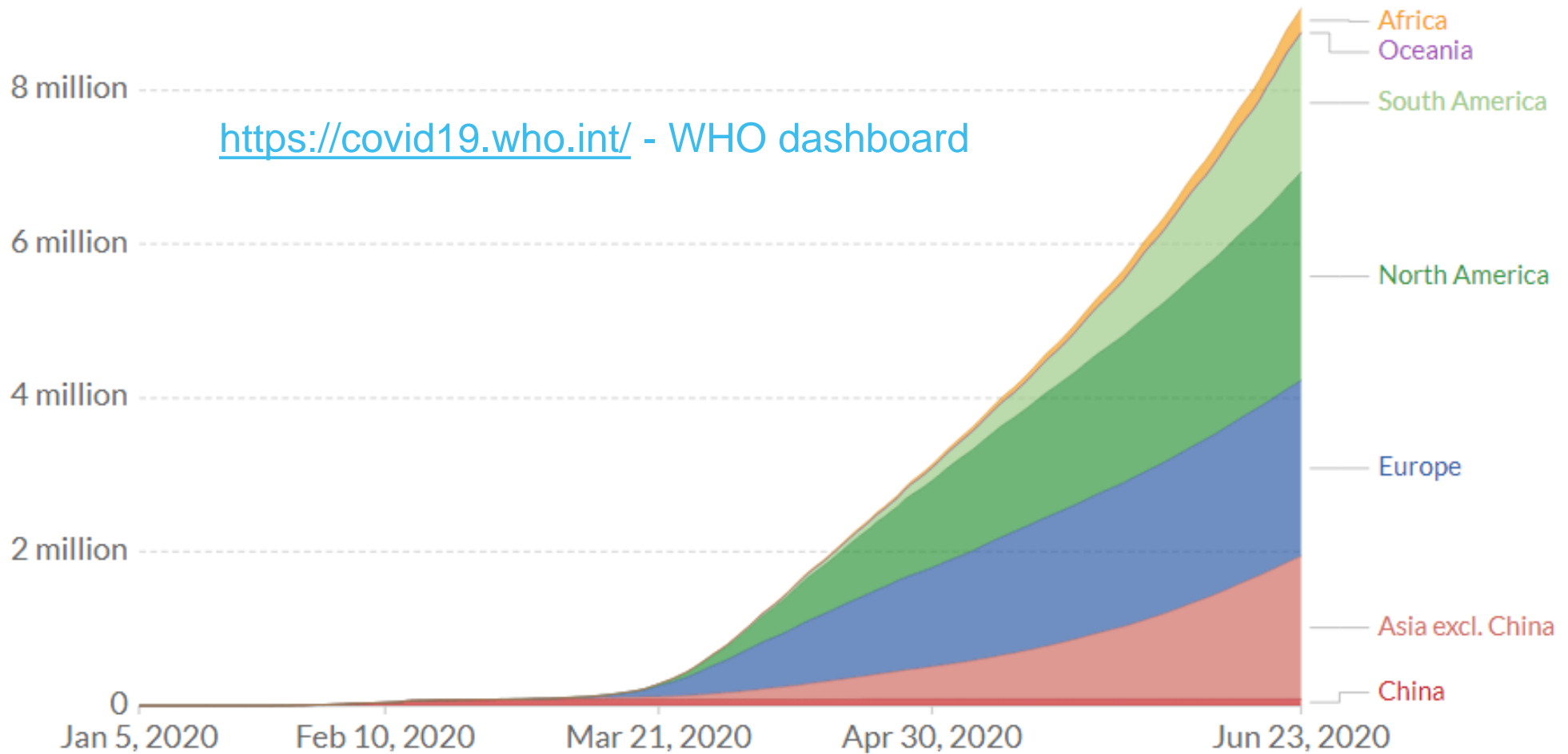


Total confirmed COVID-19 cases

Our World in Data

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

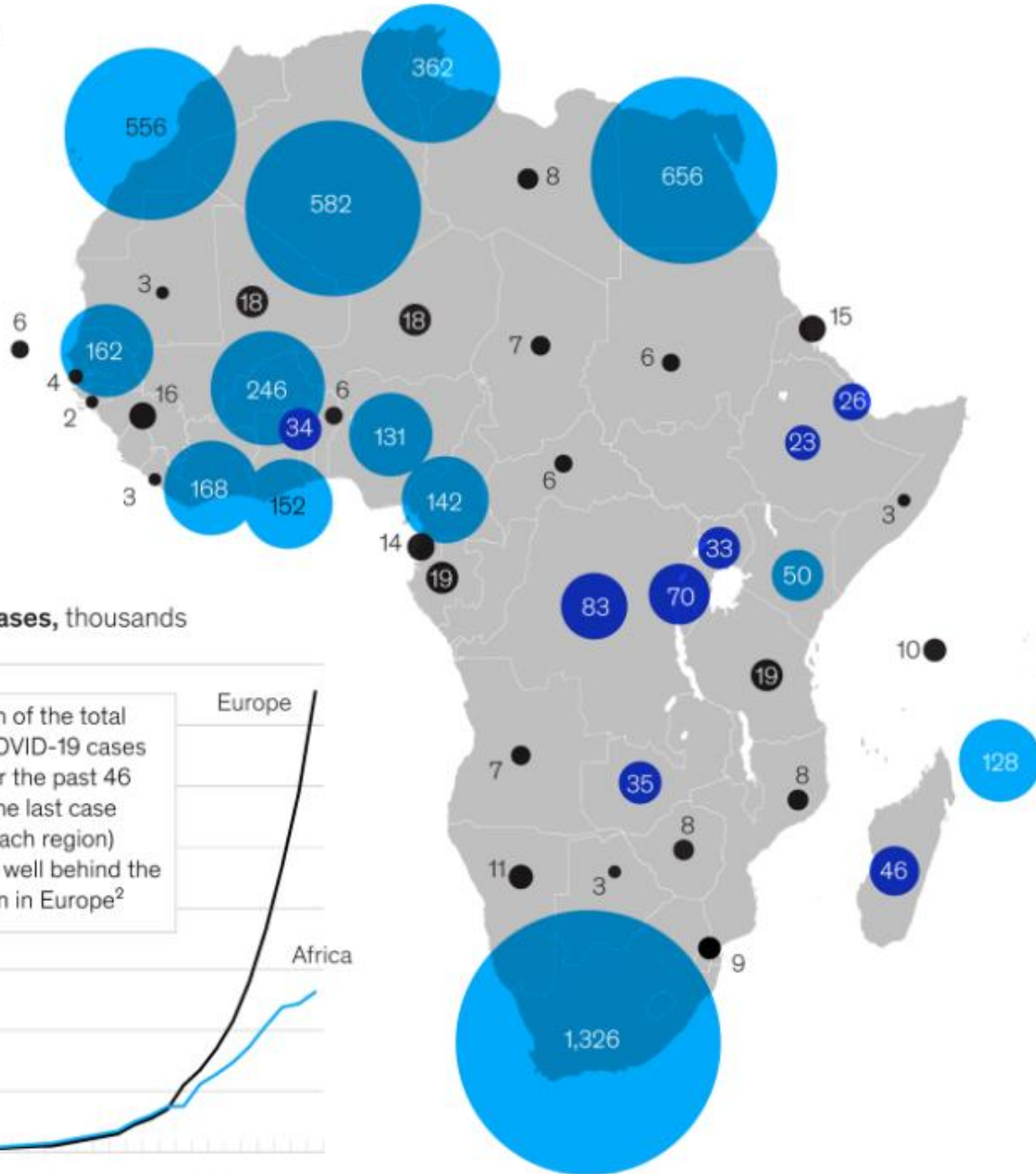
<https://covid19.who.int/> - WHO dashboard



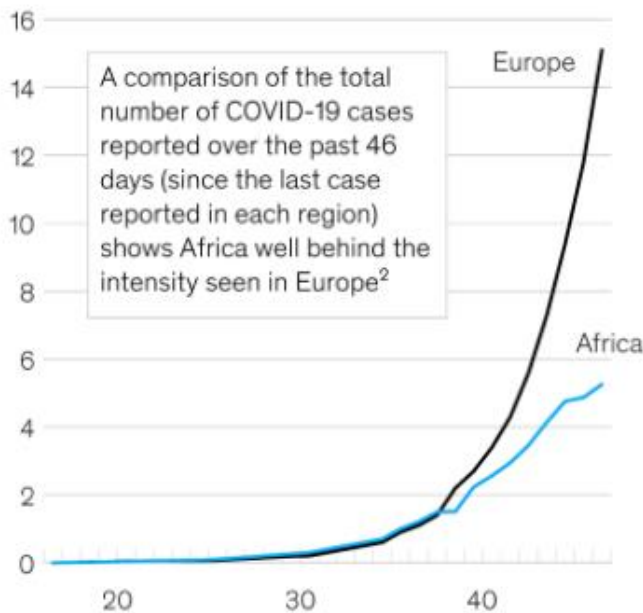
The number of confirmed COVID-19 cases in Africa is growing rapidly.

Confirmed cases of COVID-19 as of Mar 31, 2020,¹ number

- Isolated cases
- Small cluster
- Community transmission



Total COVID-19 cases, thousands





Prevention is the Best Cure



**PLEASE PRACTICE
SOCIAL
DISTANCING**



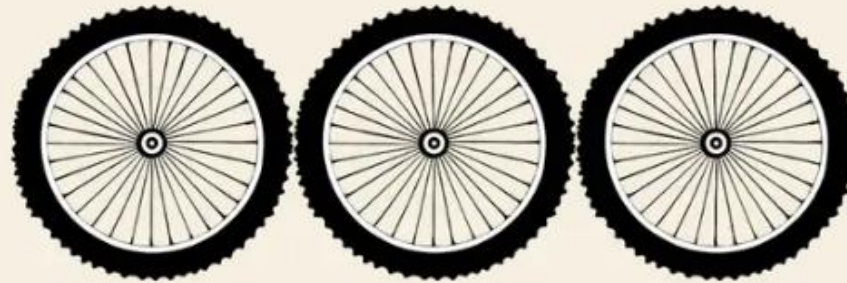
**MAINTAIN A 2M
DISTANCE FROM OTHERS**

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:

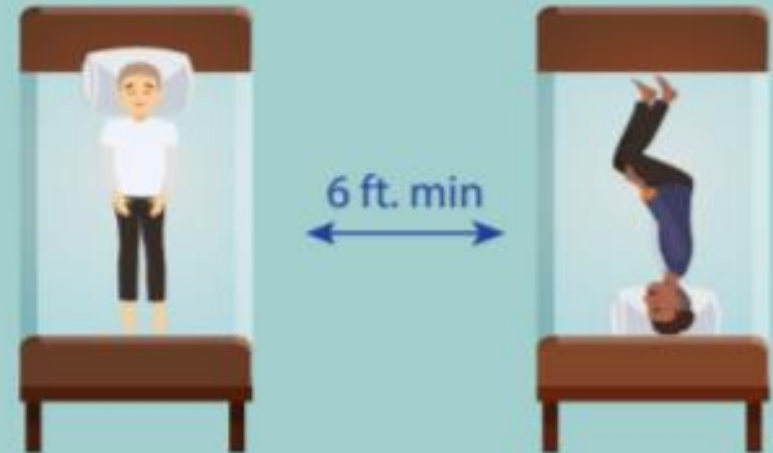


In Congregate Settings, Place Beds 6 Feet Apart

https://www.un.org/sites/un2.un.org/files/coronavirus_bedplacement.pdf

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

https://www.un.org/sites/un2.un.org/files/coronavirus_bedplacement.pdf

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

https://www.un.org/sites/un2.un.org/files/ddcoronavirus_ppeforwardfacingstaff.pdf

Table 1: Recommended PPE and Cloth Face Coverings According to Activities Undertaken

Category No.	Activities Undertaken by Personnel	Type of PPE / Cloth Face Covering Required to Reduce COVID-19 Exposure
1	Able to maintain at least 2m distance from others	No PPE required. Cloth face covering can be considered for use. (Not generally needed if maintaining 2 meter distance).
2	Not able to maintain at least 2m distance from others No physical contact with others	Cloth face covering can be considered for use.
3	Not able to maintain at least 2m distance from others Have direct physical contact with others	Cloth face covering and gloves can be considered as local supply allow.
4	Not able to maintain at least 2m distance from others Anticipate splashes or exposure to bodily fluids.	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.



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

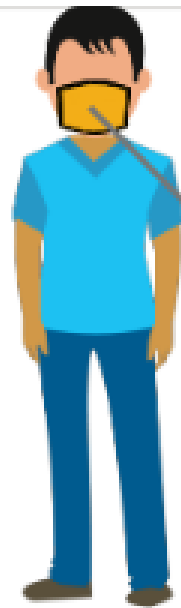
DIAMETER FILTRATION CAPACITY: **>5 microns**



3 CLOTH MASKS

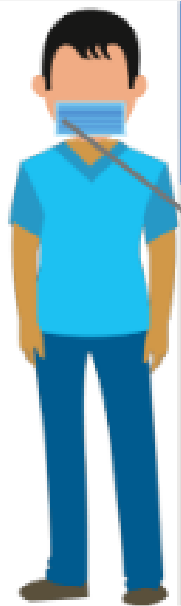
For everyone else, if you don't already own and use one of the masks above, a simple homemade cloth mask should provide enough protection if you are following social distancing measures

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



<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

Do's →

- Clean your hands before touching the mask**
- Inspect the mask for damage or if dirty**
- 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**
- 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 by the straps 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

World Health

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

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**

https://www.un.org/sites/un2.un.org/files/coronavirus_commms_tempsymptomlog.pdf

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*

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

	Primary Symptoms	Less Frequent Symptoms
COVID-19	<ul style="list-style-type: none">• cough• fever• shortness of breath• fatigue	<ul style="list-style-type: none">• chills• repeated shaking with chills• headache• loss of taste or smell• muscle aches and pains• sore throat• runny or stuffy nose• nausea or diarrhea



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



<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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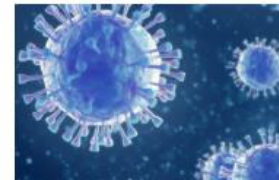


ویروس های تنفسی نوظهور، که شامل COVID-19 می شود

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 سرخسورنگی ساده تا بیماری های شدیدتری چون سندرم

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Novonastali respiratorni virusi, uključujući COVID-19: metode za otkrivanje,...

Self-paced
općina jezik

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

Show course details [Enroll me for this course](#)



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

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