

Community Based Surveillance Cascaded Training

Orientation on Coronavirus Disease (COVID-19)

March, 2020

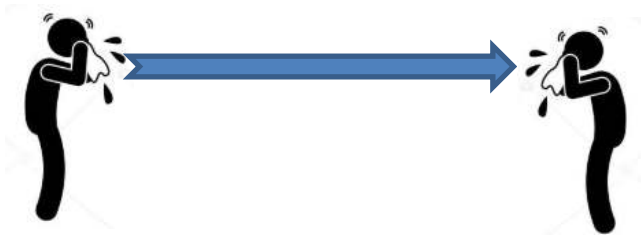
WHAT IS COVID-19?

- Coronavirus Disease (COVID-19) is a respiratory tract illness recently declared a pandemic by WHO.
- It can affect the upper respiratory tract (nose, sinuses, and throat) or lower respiratory tract (windpipe and lungs).
- The COVID-19 outbreak quickly spread around the world.
- Infections range from mild to serious

MODE OF TRANSMISSION

DIRECT

- Droplets from Infected individuals
 - Nasal-droplet
 - Throat- droplet
- Contact with patient's respiratory secretions
- Contact with secretions on hands of patients



INDIRECT

- Contaminated Surfaces and equipment
 - Feeding utensils
 - Water tap
 - Towels
 - Door handles
 - Mattresses
 - Mops & buckets ...

INCUBATION PERIOD

- The symptoms starts showing up in people within 2-14 days after exposure to the virus (COVID-19 patient).

Symptoms of CORONAVIRUS (COVID-19)



Fever



Shortness of breath



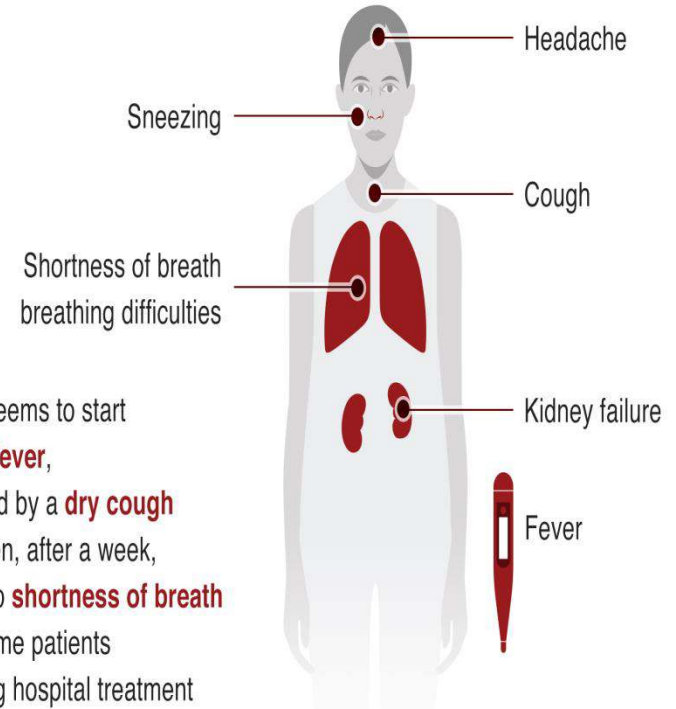
Cough

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In rare cases:

- severe respiratory problems
- kidney failure or
- death.



Virus seems to start with a **fever**, followed by a **dry cough** and then, after a week, leads to **shortness of breath** and some patients needing hospital treatment

COVID-19 DIAGNOSIS

- Diagnosis may be difficult with only a physical exam because mild cases of COVID-19 may appear similar to the flu or a bad cold.
- A laboratory test can confirm the diagnosis.

TREATMENT

- There is not a specific treatment for the virus.
- Supportive measures to relieve symptoms.
- Severe cases need hospitalized treatment
- Advice the family members and relatives to avoid close contacts and take the patient to nearest health facility immediately
- Quarantine /Isolate the suspected COVID-19 case

PREVENTION & CONTROL

Wash Your Hands Frequently

- Frequent hand washing helps to avoid the coronavirus spread. The process is simple:
 - Take soap and run some water.
 - Scrub your hands for at least 20 seconds, especially after being in public or blowing your nose.
- Hand sanitizer with 60 percent alcohol is also recommended.

Hand Washing Steps

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PREVENTION ... CLEAN, DISINFECT AND AVOID TOUCHING SURFACES

- The coronavirus can remain long on a surface after touched by infected individual
- Disinfect surfaces with Ethanol Alcohol (70%), Hydrogen-peroxide or Bleach-based cleaners are to killing those coronaviruses that survive on surfaces“
- It is also important that a healthy individual avoids touching their mouth, nose or eyes.

PREVENTION - SOCIAL DISTANCING

- Social distancing keeps diseases from spreading
- When an infected person speaks or exhales or coughs or sneezes, the droplets can travel about 2 meters - the droplets could otherwise be inhaled or land in the mouths or noses of those nearby: therefore,
 - Maintain whenever possible a physical distance of 2 meters b/n people
 - Avoid Hand shaking, Hugging, kissing
 - Avoid crowds, large gatherings and large social events (wedding, festivals, churches and mosques)

PREVENTION ... COVER COUGHS & SNEEZES

- Practice covering your mouth with a napkin or your elbow when you cough or sneeze.
- Properly dispose used tissues and wash your hands
 - This prevents spreading the virus through droplets

PREVENTION ... STAY AT HOME

If you do not feel well -

- stay home except to get medical attention
- If you absolutely must go outside, wear a facemask
- If you do not have a facemask and you're on the way to a health care facility, do your best to cover your mouth while coughing & sneezing
- Quarantine your self until confirmed non-infectious to others

Community Based Surveillance – Report

Report

- Any person with cough, fever and shortness of breathing and have travel history to any affected areas

CORONAVIRUS

PREVENTION

PROTECT YOURSELF FROM CORONAVIRUS



**WASH YOUR HANDS
FREQUENTLY WITH
SOAP AND WATER**



**TREAT YOUR HANDS
WITH ANTISEPTIC**



**KEEP ONE METRE
DISTANCE**



WEAR FACE MASK



**STAY AT HOME
DURING PERIODS
OF MASS ILLNESS**



**USE TISSUE WHEN
COUGH / SNEEZE**



**DO NOT TOUCH
YOUR EYES
WITH DIRTY HANDS**



AVOID MASS EVENTS