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 start showing up in people within 2-14 days after exposure to the virus (COVID-19 patient).
In rare cases:

- severe respiratory problems
- kidney failure or
- death.
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
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

1. Wet hands
2. Apply soap
3. Rub hands together
4. Wash between fingers
5. Rub knuckles
6. Rub hands together
7. Wipe hands dry
8. Dry hands with a towel or allow to air dry
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 of 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

1. **Wash your hands frequently with soap and water**
2. **Treat your hands with antiseptic**
3. **Keep one metre distance**
4. **Wear face mask**
5. **Stay at home during periods of mass illness**
6. **Use tissue when cough/sneeze**
7. **Do not touch your eyes with dirty hands**
8. **Avoid mass events**