Coronavirus Disease (COVID’19) Training for KEMRI staff

IPC and Decontamination Plan
MOH EOC Contacts

Emergency Helpline / Contacts
- Ministry Of Health – 0800 721 316
- AAR - 0709 701000
- Aga Khan Hospital Corona Virus Helpline - 0709 931700
- MP Shah Hotline - 0 722 204 427, 0733 606 113

COVID-19 Hot Lines in Kenya:
0800721316 (Toll Free)
0729471414
0732353535
Coronavirus Disease (COVID’19)

- Official names have been announced for the virus responsible for COVID-19 (previously known as “2019 novel coronavirus”) and the disease it causes.

  The official names are as at 11th February 2020:
  - Disease ronavirus Disease (COVID-19)
  - Corona Virus Severe cute Respiratory Syndrome CoronaVirus 2 (SARS-CoV2)
  - A disease that affects the upper respiratory tract (Nose, Throat, Airways, Lungs).

COVID 19

2019 Coronavirus Disease (COVID’19) for HCWs
Coronavirus Disease (COVID’19)

Why do the virus and the disease have different names?

- Viruses, and the diseases they cause, often have different names: 
  - HIV is the virus that causes AIDS. People often know the name of a disease, such as measles, but not the name of the virus that causes it (rubeola).

- There are different processes, and purposes, for naming viruses and diseases.
CORONAVIRUS DISEASE - 2019

What is Coronavirus Disease - 2019 (COVID-19)?
COVID-19 is a new strain of Coronavirus that causes respiratory illness. The first case was identified in China.

How is it spread?
- Contact with an infected person with COVID-19 virus through coughing or sneezing
- Contact with contaminated surfaces or articles with the COVID-19 virus

How can I protect myself and others?
- Regularly wash hands with soap and water, or use alcohol-based hand sanitizer
- Avoid close contact with people who have flu-like symptoms
- Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow
- Avoid handshaking, hugging and kissing with people who have flu-like symptoms

Signs and symptoms
- Fever
- Cough
- Shortness of breath
- Body ache
- Headache

Protect yourself, family and community from COVID - 19
Anyone arriving from a country or area reporting COVID - 19 is advised to isolate themselves for 14 days.
**IPC**

- Healthcare facilities are ideal settings for the transmission of infections.
- Patients have infections they can transmit to other patients and healthcare workers.
- Sick patients are more susceptible to acquiring infections.
- Procedures increase patient risk of infection.

HAI's affect patients, healthcare workers, their families, and communities

IPC helps reduce the risk of transmitting infections to the patient and to the environment.
Infection Prevention and Control - IPC

• What to DO

1. Regularly wash hands with soap and clean water *Virus 10 min survival
2. Use alcohol based hand sanitizer for hand hygiene: when soap and water are not available.
3. Wash your face regularly with soap and water
4. Stay in well ventilated/aerated space
5. Sun bursting is remedial on the virus
6. Wear only clean ironed clothes
   • *Virus 12 Hr survival span below 26°C

• DON Ts

1. No handshake/greetings
2. Avoid crowds and gatherings: limit attendance to social gatherings
3. Avoid spreading romours and panic Social media information; garlic, lemon water etc
4. Avoid to touch your face with unclean hands: nose and ear picking
5. Avoid unnecessary visits to hospitals..., use hotline numbers for help
3) Avoid touch surfaces and objects

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Infection Prevention and Control - IPC

• What to DO

7) Observe respiratory hygiene and cough etiquette *Virus size trapped by mask

8) Proper use and management of Personal Protective Equipment (PPE)

9) Waste management and sanitization plan: Cleaning, disinfection and sterilization

10) Have your temperature checked regularly

11) If infected or feeling unwell avoid contact with other persons/family and use patient respiratory etiquette

12) If infected or feeling unwell avoid seek medical help though the hotline No.
WHAT YOU CAN DO TO KEEP CORONAVIRUS AWAY

Wash your hands thoroughly with soap and water/use an alcohol based hand sanitizer
Make sure to clean between fingers and under fingernails as well as the back of your hands

Cover your mouth and nose when coughing or sneezing
Make sure to use a handkerchief or tissue to cover your mouth and nose when you cough or sneeze.
Don’t cough into your hand. If you don’t have a handkerchief cough/sneeze into your flexed elbow.

Avoid crowded places
Keep a safe distance of 1 meter (5 feet) between yourself and anyone who is coughing or sneezing.
Stay at home if you are feeling unwell with symptoms like fever, cough, and difficulty in breathing.

Keep safe, stay alert

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2019 Coronavirus Disease (COVID’19) for HCWs
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Respiratory Protection

• Purpose: protect from inhalation of infectious aerosols (e.g., *Mycobacterium tuberculosis*, *Corona Virus*, *Influenza*)

• PPE types for respiratory protection:
  - N95 masks or particulate respirators
  - Half- or full-face elastomeric respirators
  - Powered air purifying respirators (PAPR)
How is SARS-CoV2 spread?

Coronavirus has “high infectivity but low mortality rate”
The Virus spreads easily and continually:

- An infected person (#Not Sick) can spread the infection to a healthy person
  - Through eye, nose, and mouth, via droplets produced on coughing or sneezing.
  - Close contact with infected person.
  - Contact with contaminated surfaces, objects, or items of personal use.
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2019 Coronavirus Disease (COVID’19) for HCWs

Pathogens: Bacteria, viruses, fungi, protozoa, etc.

People, equipment, water, food, etc.

Immunocompromised, age, acute or chronic condition, etc.

Susceptible host

Infectious agent

Reservoirs

Portal of entry

Means of transmission

Portal of exit

Broken skin, respiratory, GI, mucous membrane, etc.

Contact, airborne, vehicle, vector, etc.

Excretions, secretions, blood, etc.
Hierarchy of Safety and Health Controls

Elimination
Prevent the hazard

Engineering controls
Physically change the workplace

Administrative controls
Change work practice

Personal Protective Equipment
Provide a personal barrier between worker and hazard

COVID-19
2019 Coronavirus Disease (COVID’19) for HCWs
Components of Standard Precautions

- Hand hygiene
- Proper use of Personal Protective Equipment (PPE)
- Management of healthcare waste & safe handling of sharps
- Cleaning, disinfection and sterilization
  - Reprocessing of medical devices
  - Environmental cleaning
  - Linen and laundry management
- Respiratory hygiene and cough etiquette

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Hand Hygiene (HH)

When, Where and How
Your 5-Moments For Hand Hygiene

1. Before touching a patient
2. Before clean/aseptic procedure
3. After body fluid exposure risk
4. After touching a patient
5. After touching patient surroundings

2019 Coronavirus Disease (COVID’19) for HCWs
Other Moments for Hand Hygiene

- On arrival at workplace
- Before & after handling food, eating or feeding patients
- Before & after gloving
- Before & after nursing a patient e.g. bathing, bed making
- After visiting the toilet
- After PSV use
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2019 Coronavirus Disease (COVID’19) for HCWs
How to Use Hand rub

To effectively reduce the growth of germs on hands, *handrubbing* must be performed by following **all** steps illustrated on the left. This takes only **20-30 seconds**!
Proper Hand Washing/Rubbing Technique

**Step 1:** Rub palms together.

**Step 2:** Rub the back of both hands.

**Step 3:** Interlace fingers and rub hands together.

**Step 4:** Interlock fingers and rub the back of fingers of both hands.

**Step 5:** Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.

**Step 6:** Rub fingertips on palm for both hands.

**Step 7:** Rub both wrists in a rotating manner. Rinse and dry thoroughly.
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Chemical Decontamination

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