

Title: Reopening of public facilities under COVID-19; the new normal

Preventing and controlling transmission of COVID 19 infection

Prof Shaheen Mehtar

Infection Control Africa Network & Stellenbosch University, Cape Town

Objectives

- Public areas covered in this talk
 - Schools
 - Restaurants & Pubs
 - Places of worship
 - Fitness industry
 - Shopping
 - Initiation schools
 - Travel- national and international
- IPC regulations to contain the spread of SARS CoV-2

Background

- After almost 9 months of lockdown, African countries reopening public areas
- Small businesses suffered greatly during this time
- Unemployment rose dramatically
- Demand to open international and national tourism
- With reopening, super-spreading events can cause a significant resurgence of cases leading to another lockdown



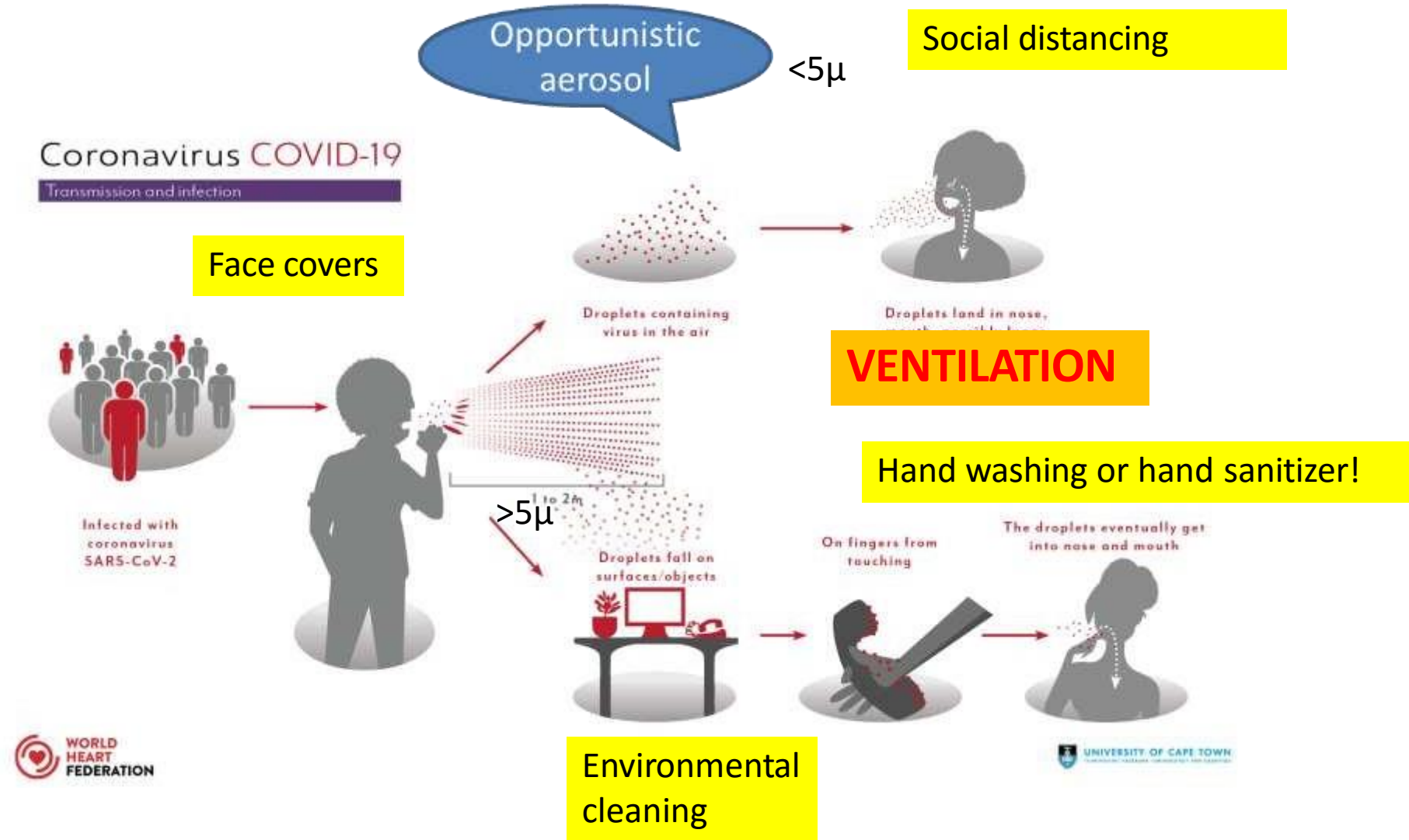
REMEMBER

The COVID-19 bundle!

- Universal masking in public
- Social distancing
- Hand hygiene
- Clean environment
- GOOD VENTILATION
- Screening at entrances of public areas
- Stay home if not feeling well



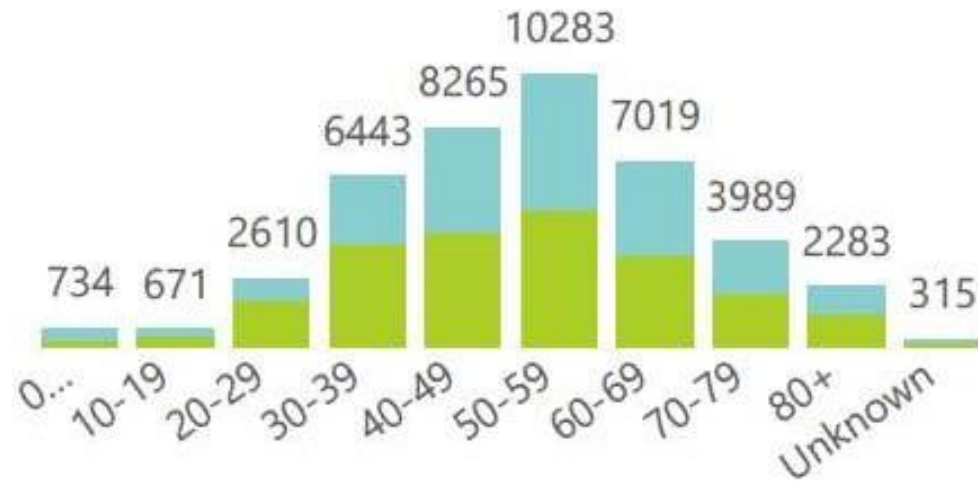
To remind ourselves- Transmission of SARS CoV 2



Hospital admissions: COVID-19 in South Africa

Admissions to date by age group and sex

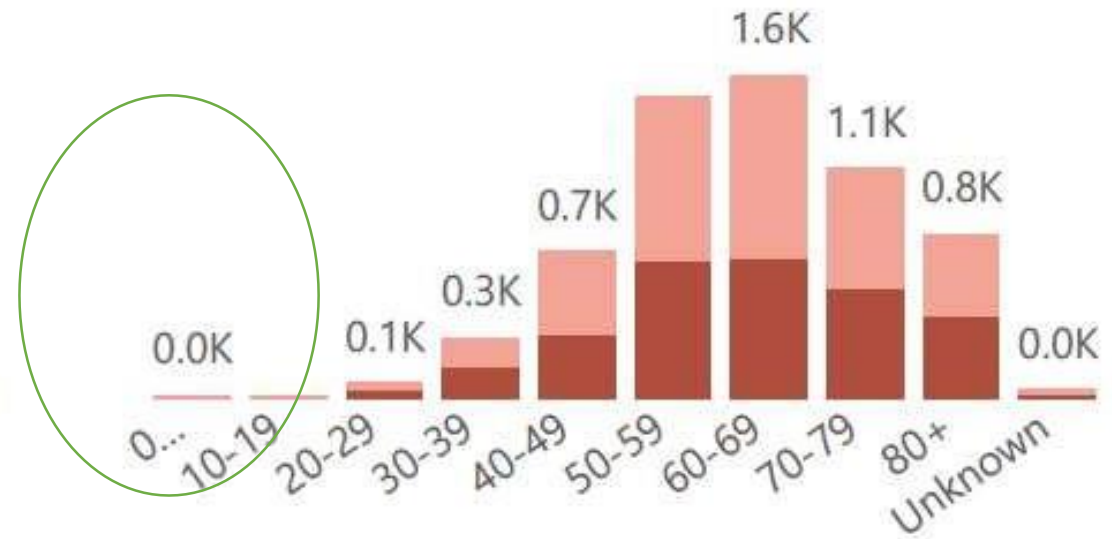
Total: 42.61K



Female Male

Deaths to date by age group and sex

Total: 6132



Female Male

Reopening of Schools

- What we know
 - Community transmission is still ongoing albeit in small clusters
 - Once schools open, there will be an increase of infections amongst students and teachers



- Ministerial Advisory on Reopening of schools (SA, 20 July, 2020)¹
 - *Children and adolescents are less likely to become infected with SARS CoV-2.*
 - *Younger children are less likely to transmit the virus to each other and staff.*
 - *Adolescents are likely to have a slightly lower or similar rate of transmission compared to adults.*
 - *When children and adolescents are infected, they are more likely to have a very mild disease.*

<https://sacoronavirus.co.za/category/mac-advisories/>

Should children wear masks?

- Children younger than 5 years had significantly **lower** CT values compared **with children aged 5 to 17 years** ($P = .02$) and adults 18 years and older ($P = .001$).
- CT values **were similar** between children aged 5 to 17 years and adults 18 years and older ($P = .34$).
- Children younger than 5 years with mild to moderate COVID-19 have **high amounts** of SARS-CoV-2 viral RNA in their nasopharynx compared with older children and adults.
- SARS-CoV-2 pediatric studies reported a correlation between **higher nucleic acid levels and the ability to culture infectious virus**. *Emerg Infect Dis.* 2020;26(10):26.
- Viral load at diagnosis is comparable to that of adults and shedding by symptomatic children early in the disease
- Isolation of infectious virus was largely comparable with that of adults, although 2 specimens yielded an isolate at lower viral load.

JAMA Pediatrics Published online July 30, 2020

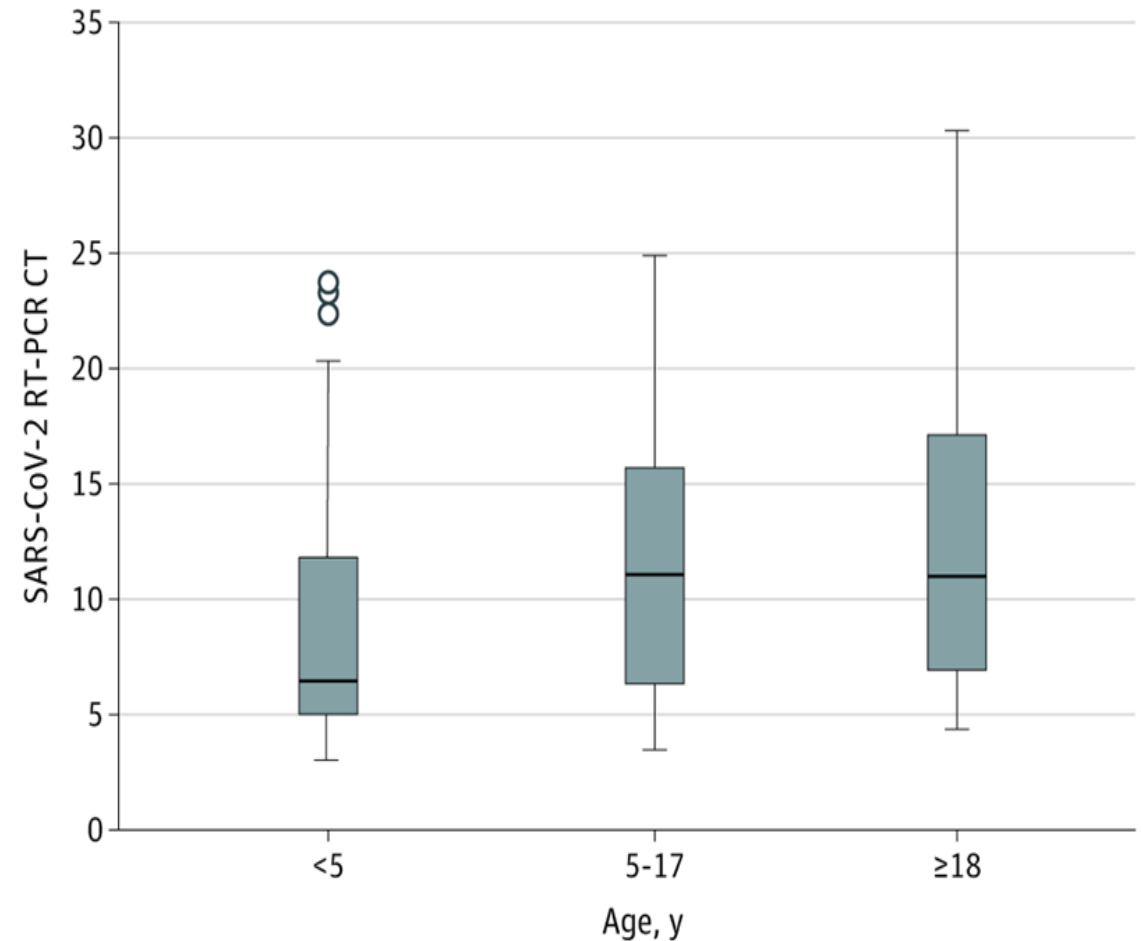


Figure. Distribution of Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) Reverse Transcriptase–Polymerase Chain Reaction (RT-PCR) Amplification Cycle Threshold (CT) Values From Nasopharyngeal Swabs Collected From Patients With Coronavirus Disease 2019

Recommendations for opening schools (MAC)

Adherence to non-pharmacological interventions including

1. Engineering controls –ensuring ventilation and sufficient space;
2. Administrative controls –staggered time-tables, screening, hand hygiene, cough etiquette and regular environmental cleaning;
3. Personal protective equipment –non-medical (cloth) face masks and eye protection visors (if indicated)
4. Screening of learners and staff at home and before entry into schools

During the surge of COVID-19 cases and high community transmission showed evidence of *limited impact of opening of schools and number of paediatric cases of COVID-19, paediatric hospital admissions and childhood mortality*

Best practice in schools

- COVID-19 educator monitor appointed and trained!
- Social distancing in the class & play ground
- Children wear a cloth mask
- Teachers wear a cloth mask
- **TAKE FREQUENT MASK BREAKS!**
- Clean surfaces frequently
- Wash hands as often as possible
- Or, use hand sanitizer
- Improve water supplies
- Improve sanitation supplies
- Stay home if not feeling well

NO DISINFECTION TUNNELS!
INCREASE HAND WASHING!
INCREASE VENTILATION!
OPEN THE WINDOWS!
CLEAN THE SURFACES REGULARLY!



Educators: Mental health support

<https://coronavirus.westerncape.gov.za/resources>

Educators: Care for your mental health

As an educator going back to school in the context of COVID-19, you are likely to experience stress. Here are some ways to care for yourself, your family and colleagues:



Care for yourself

Look after your health:

- Get enough sleep.
- Exercise, eat sensibly, minimise alcohol and avoid smoking.
- Find fun or creative activities to do.
- If you have a chronic condition, adhere to your treatment.

Have healthy work habits

- Manage your time sensibly.
- Remind yourself of your purpose as a teacher.
- Be sure about your role and responsibility.

Minimise exposure to news sources that cause anxiety:

- Seek information from trusted sources such as
- www.sacoronavirus.co.za
 - www.nicd.ac.za
 - www.who.int/emergencies/diseases/novel-coronavirus-2019

Use your senses to relieve family stress

Sight and sound

If possible, go outside together and appreciate nature; watch an uplifting movie. Relax and listen to music together.



Smell and taste

Enjoy the smells and taste of home-cooked food together.



Touch

Give the family you are living with a daily hug.



Movement

Engage in physical activities like dancing and exercise together.



Support your colleagues

Work with care:

- Treat colleagues and learners with respect.
- Support one another. Consider setting up a staff support group.
- Focus on finding solutions to problems in a supportive way.



Encourage teamwork

- Examine the team's workload to see how you can share tasks.
- Identify what needs to be changed to make the job easier: equipment, supplies, teaching space.
- Discuss each team member's role. Encourage everyone to participate in the team.

Recognise the signs of burnout:

Muscle tension, restlessness, irritability, difficulty sleeping, poor concentration, tiredness.

Where to get help:

- The province has an employee health and wellness service provided by Metropolitan Health.
- The service is available to all WCED employees and their immediate family members. It provides support for various issues, from family challenges, financial advice, relationships, medical advice and work-related challenges. These services have been adapted to help manage stress, anxiety and health during the current crises.
- Employees can contact the EHWP on their toll-free number: 0800 111 011 to have a confidential conversation with one of their counsellors.
- Employees can also send them a "Please call me" on *134*664*38# or email them at wced@mhg.co.za.
- More information can be accessed via the WCED's EHWP web portal at: <https://wcedonline.westerncape.gov.za/employee-health-and-wellnessprogramme>.




Opening of public institutions

- **Schools.** Most have been closed since last week of March, therefore NO exposure to SARS-CoV2
- If there were contamination, the virus would have died -very fragile
- **Transport cleaning:** water, detergent. Wipe over with a disinfectant. **Fogging not recommended**
- Residual chemicals on non porous surfaces such as desks and chairs in schools must be removed prior to opening
- Increase frequency of cleaning – beginning and end of day/ shift/ session.
- Use a checklist for daily cleaning.
- Water supply- running or regular
- Toilet and sanitation facilities
- **NEED FOR TRAINING OF CLEANING TEAMS!**

CLEANING DURING COVID-19: What, where, how?

S J Dancer and H Lowe
March 2020



Cleaning Removing germs, dirt and grease from surfaces. Cleaning doesn't kill germs but lowers their number, thereby reducing the risk of transmission.

Disinfecting Using chemicals to kill germs on surfaces, although this does not necessarily mean that all the germs have gone. Like cleaning, the risk of transmission of germs is reduced.

Which surfaces should I clean?

Clean high-touch surfaces in the most commonly used areas in your home or business every day.

Door handles and knobs, table surfaces, chairs, switches, remote controls, desks, electronic devices, push plates, buttons, sink taps.

How should I prioritise surfaces to clean?

Do an observational audit! Choose a room(s) where people congregate (don't compromise privacy) and count how many times individuals touch or handle each item or surface. Do it for 30-60 mins, and repeat three times at different times. There might be some sites that are touched so often that you might want to wipe them more than once a day.

What should I clean with?

Detergent alone (soap & water) **OR** **Detergent followed by disinfectant**


Disinfectants
Use diluted household bleach solutions, alcoholic solutions with at least 70% alcohol or regulated household disinfectants.

How should I clean?

If using detergent only, then follow the 'one wipe-one surface-one direction' rule.

Use disposable gloves where possible and discard after each cleaning of a room. If using reusable gloves, they should be dedicated to clean and disinfecting for COVID-19.

Follow manufacturers instructions, don't mix disinfectants together, and ensure product isn't past its sell by date.



Prepare a **bleach** solution by adding a cup of household bleach to a bucket of water.

Ventilation
Homes and businesses should be well ventilated.
Open windows for a **couple of hours each day** (overnight in the bedroom unless it's too cold).

Soft surfaces

1. Brush off any **visible contamination**
2. Vacuum or clean with steam or approved cleaning agents.
3. If possible, wash items in a washing machine at the warmest appropriate water settings and dry completely.
4. Use an outside washing line, especially if the sun is shining.

Laundry
Wash using the **warmest possible setting** and dry completely. **Avoid shaking** dirty laundry to keep from dispersing virus through the air.

1. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>
2. Dancer SJ & Kramer A. Four Steps to Clean Hospitals: Look, Plan, Clean, and Dry. *J Hosp Infect* 2019; 103(1):e1-e8.
3. Kampf G, et al. Persistence of coronaviruses on inanimate surfaces and their inactivation with biocidal agents. *J Hosp Infect* 2020, in press.

Public areas- restaurants, pubs and clubs- risk factors

- Loosing inhibition when alcohol is consumed
- Social distancing is difficult in crowded indoor areas
- Poor ventilation- (increase carbon dioxide levels)
- More physical contact
- Have to take mask off to eat and drink
- Restaurant owners usually adhere to the COVID-19 bundle but the public might not.



Super spreading event amongst matric students



- *Half price alcohol was offered at this pub. It was overcrowded!!*
- Cases increased by 89- 38 were matric pupils that visited this pub
- Two weeks ago 40/287 (15%) were in the 15-25 year age group
- Jumped to 557 cases with 195 (35%) in the 15 to 25 year age group during this outbreak.

Impact on the food and drink industry was huge!



Best practice

- Sit outside in the fresh air (take an extra jacket)
- Sit far from those who are not part of your group
- Keep the socialising group small
- Keep mask on until food comes
- Remove mask completely- don't pull it down or around your neck
- Sanitize your hands just before eating- after removing your mask
- Eat and drink sensibly to enjoy the evening!

Places of worship

- Large gatherings in a small indoor space usually with poor ventilation.
- Standing close together (packed)
- Singing and talking! Most take the mask off during this activity!
- Socialising after church.
- Some are super-spreader events!

Remember the COVID-19 bundle!

Protect yourselves from COVID-19 at your place of worship

COVID-19 can spread easily at a place of worship

- When someone with COVID-19 breathes, talks, sings, coughs or touches things, they leave coronavirus on surfaces and objects and in the air.
- You can catch coronavirus if you are in close contact with someone who has it, or if you touch these surfaces and then touch your eyes, nose or mouth.



Stay home if:

- You have symptoms that could be COVID-19 - (cough, fever, sore throat or change in your sense of smell or taste).
- You are at risk of severe COVID-19 (over 55 or have a chronic condition, especially diabetes).



Wear a cloth mask

- The mask should cover your mouth, nose and chin.
- Do not touch your mask while wearing it.
- Do not wear a visor instead of a mask.



Practise good hygiene

- Cough or sneeze into your elbow.
- Don't touch your mouth, nose or eyes with unwashed hands.



Keep clean of coronavirus

- Wash your hands or use hand rub often.
- Don't touch surfaces and objects that are touched often.
- Bring your own worship aids such as prayer mats, or hymn books.



Keep 1,5 metres away from others

- Stay in your family unit.
- Don't gather after the service.
- Avoid kissing, hugging, handshakes.



Anyone can get COVID-19. Let's be kind to one another – we are all in this together.

Sports risk assessment

| environment | Number of people | Level of risk | precautions |
|--|--------------------------|---------------------|---|
| Outdoors- masks NOT required during exercise in the open air | | | |
| Rugby | Group sport | Medium to high risk | Frequent testing, reduce time in locker rooms. Reduce post match socialising in big groups |
| Football | Group sport | Medium to low risk | |
| water sports (canoeing etc.) | Group sport | Low to no risk | |
| Jogging, walking, running | Solitary or small groups | Low to no risk | Keep a safe distance |
| cycling | Solitary or small groups | Low to no risk | Keep a safe distance |
| Indoors- improve ventilation as much as possible to reduce transmission in a closed environment | | | |
| Martial arts | Small groups | Medium to low risk | Masks not required. |
| Gym training | Small groups | Medium to low risk | Masks not required. Keep a safe distance |
| Swimming pools | Solitary or small groups | Low to no risk | Masks not required. Keep a safe distance |
| SAUNA/ STEAM ROOMS | SMALL GROUPS | HIGH RISK | Should remain closed |

Shopping malls

- Crowded areas in an enclosed space
- No natural ventilation (mainly air conditioned)
- When going shopping remember the COVID-19 bundle
 - Face mask
 - Hand sanitizer
 - Distance of 1.5 m
 - Clean frequently
 - Try to get as much fresh air as possible
 - Keep your trip short- don't browse!
- Come home, take off mask and wash hands immediately.

Poster from a supermarket chain



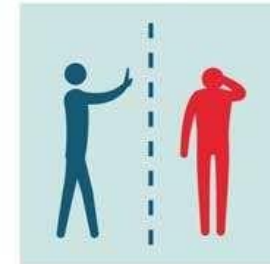
WASH YOUR HANDS OFTEN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS



AVOID TOUCHING YOUR EYES, NOSE AND MOUTH



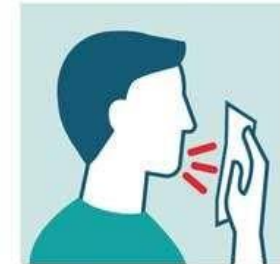
AVOID HUGS, HANDSHAKES AND DIRECT CONTACT WITH OTHER PEOPLE



AVOID CONTACT WITH PEOPLE WHO ARE SICK



DON'T GO OUT IF YOU ARE FEELING SICK OR HAVE ANY COLD OR FLU SYMPTOMS



COVER YOUR MOUTH WITH A TISSUE WHENEVER YOU COUGH OR SNEEZE



IMMEDIATELY THROW AWAY ANY USED TISSUES



REGULARLY DISINFECT SURFACES SUCH AS DESKS AND KITCHEN SURFACES



REGULARLY DISINFECT OBJECTS SUCH AS PHONES, KEYBOARDS AND DOOR HANDLES

Shopping and shopping malls

Coronavirus: How to work safely

The store entrance, cleaning and trolley/car guards

Staff at store entrance

1 staff member to control access:

- Limit number of customers according to size of store: 1 person per 6m².
- Spray each customer's hands with alcohol-based hand sanitiser before s/he enters store.



1 staff member to manage queue and ensure social distancing (1,5m) as per markers on ground.



Allow customers to sanitise their own trolley handles – ensure wipes, diluted bleach solution or sanitiser available for this.



Staff in store

Clean and disinfect frequently touched objects and surfaces (like fridge/freezer door handles, scales in weighing areas) in the store as often as possible.



6x teaspoons Bleach + Water 1L

Use bleach solution to disinfect (6 teaspoons bleach in 1L water).

Use disposable gloves to protect hands from bleach solutions.



Trolley collectors and car guards

- Clean trolley handles after returning to trolley bay. Then clean hands.
- Clean hands after receiving tips and after each customer.



- Wear clean cloth mask and cover your nose and mouth all the time.
- Avoid touching your face. If you do, clean your hands immediately.
- Never share a mask with another person.



Provincial hotline: 080 928 4102 | WhatsApp: "Hi" to 0600 123 456 | Email: doh.dismed@westerncape.gov.za

Western Cape Government

STAY SAFE
MOVE FORWARD

Protect our grocery store staff



- Sanitise your hands when entering the store**

- Keep 1.5 m from the cashier**

- Wear a cloth mask to stop droplets from spreading**


Western Cape Government

LET'S STOP THE SPREAD

#StoptheSpread

<https://coronavirus.westerncape.gov.za/resources>

Initiation school – background (MAC, August 2020)

- Reports in mid-September of Covid-19 outbreaks in schools in one of the provinces.
- To avoid viral outbreaks at initiation schools, substantial precautions are required.
- Some initiation schools accommodate the initiates in cold and dusty holding rooms without ventilation.
- The boys often start the initiation school as a group and this results in overcrowding
- Sometimes traditional ceremonies will breach IPC and COVID-19 recommendations.
- Following traditional circumcision, complication rates could be as high as 35-48%, the commonest being infection.
- Among males circumcised traditionally about 35.2% experience adverse event compared to 17.7% among those circumcised medically (OR 2.53, 95% CI 1.89-3.38). Bleeding and infection have been reported to be the most common adverse event and might result in a need for hospitalization.
- Festivities or ceremonies of the initiates returning back home from initiation school involve gatherings of family members, and the communities from the local villages. These ceremonies could be super-spreading events as it might be difficult to observe social distancing, and some of the activities are held in closed spaces (inside the house) which might not have adequate ventilation

Initiation schools (MAC)



- Opened at Level 1
- Local Initiation forums or committees to be established to monitor compliance with COVID-19 regulations
- Activities to be monitored
 - Pre-screening and testing- neg result for both initiates and supervisors
 - Initiate supervisors to quarantine for 10 days if committed to supervise (despite test results)
- Schools (amabhuma) rules
 - Only admit the number of initiates where a distance for 1.5 m can be maintained
 - No sharing of utensils or equipment
 - Must have good ventilation
 - Frequent cleaning regime

These schools are to be frequently checked and monitored

Initiation schools (contd)

Returning home ceremony

- Ceremonies related to the tradition to be limited to ≤100 people, and to be held between 8 am and 5 pm and sharing of utensils to be prohibited (hamba bhekile).
- The quantity of alcohol to be minimized as far as possible.
- Hand sanitizers to be made available in these ceremonies
- No ceremonies if rates of transmission increase.
- Community forums to be established to monitor compliance to Covid-19 prevention protocols during these ceremonies

Traditional Surgeons and Assistants

- Carry out hand hygiene
- Wear a mask (medical?) and gloves during the ceremony and change for each case and procedure
- Provision of masks and sanitizers for initiates
- Those bringing food to initiates must comply with the COVID-19 bundle
- Traditional surgeons and assistants to be trained in COVID-19 protocol and other IPC practices **before** opening traditional schools
- Random tests and screening for COVID-19 to be done if the areas are considered hotspots
- Medical practitioners should be integrated into monitoring of teams to ensure enhanced balance capacity
- No visitors allowed in the schools including the young boys who assist the initiates.

Funerals- gatherings!

- 100 people allowed inside
- More can attend outside in the open air
- Observe COVID-19 bundle when paying respects
- Keep food and alcohol to a minimum
- Minimise contact with others.
- No night vigil under level 1.

Hold a coronavirus safe funeral

- People may catch coronavirus from your loved one's body and also from one another at the funeral.
- A funeral usually provides the opportunity to say goodbye to a loved one. If you are unable to prepare a funeral as you are used to, plan to hold a ritual when it is safe, to help you say goodbye.



- Aim to hold the funeral within three days of your loved one's passing.
- The funeral ceremony should last less than 30 minutes.
- Hold the funeral at a graveside or crematorium, not inside a place of worship.
- A maximum of 50 people (family, guests and staff) are permitted to attend.

Prepare your loved one's body with care
Washing and dressing your loved one should only be done by undertakers or those trained to use personal protective equipment.

Limit the viewing of your loved one's body

- Hold the viewing only on the morning of the funeral.
- Do not let anyone touch the body.
- People over 55 years and those with chronic conditions should not participate as they are at risk of severe COVID-19.



Ensure mourners are coronavirus safe

- Ask people not to attend if they are sick.
- Mourners must wear cloth masks at all times.
- Provide hand sanitiser or hand-washing stations.
- Keep a register of mourners. This will enable health authorities to trace them should someone develop COVID-19.

Keep 1,5 metres apart from others. Avoid handshakes, hugging or kissing.

24 National Hotline: 0800 029 999

24 Provincial Hotline: 021 928 4102

 Western Cape Government

STAY SAFE. SAVE LIVES.

Public transportation

Remember!
The COVID-19
Bundle!!!



Risk assessment for COVID-19- summary

COVID-19 Risk Index

Risk levels for exposure vary based on four main factors:

-  **Enclosed space**
-  **Duration of interaction**
-  **Crowds**
Density of people + challenges for social distancing
-  **Forceful exhalation**
Sneezing, yelling, singing, and coughing

Low

Walking outdoors
With or without pets

Running or biking
Alone or with another person

Staying at home
Alone or with members of your household

Picking up takeout food, coffee, or groceries from stores
Risks: Potential crowding

Outdoor picnic or porch dining
With non-household people and physical distancing

Risks: Close contact/potential clustering of people

Risks: Potential crowding and activity

Low / Medium

Playing "distanced" sports outside
Ex: Tennis or golf

Grocery shopping
Risks: Indoor, close contact, potential clustering of people, high-touch surfaces

Retail shopping
Risks: Indoor, close contact, potential clustering of people

Medium

Visiting hospital emergency department
Risks: Indoor, potential clustering of people

Medical office visit
Risks: Indoor, close contact, potential clustering of people, high-touch surfaces

Dentist appointment
Risks: Indoor, close contact, potential clustering of people, patient not wearing a mask

Taking a taxi or a ride-sharing service
Risks: Dependency on frequency of cleaning, duration of ride, and number of passengers

Museum
Risks: Indoor, close contact/potential clustering of people

Outdoor restaurant dining
Risks: Close contact, potential clustering of people, challenge to wear a mask during eating

Medium / High

Exercising at a gym
Risks: Indoor, close contact/potential clustering of people, high-touch surfaces, difficult to wear a mask, high respiratory rate

Hair/nail salon and barbershops
Risks: Prolonged close contact, difficult to wear a mask

Working in an office
Risks: Indoor, high-touch surfaces, prolonged close contact/potential clustering of people

Indoor restaurant or coffee shop
Risks: Indoor, prolonged close contact/potential clustering of people, difficult to wear mask while eating and drinking

High

Indoor party
Risks: Indoor, prolonged close contact/potential clustering of people
Additional risks: alcohol (loss of inhibition), shared joint/pipe (coughing)

Playing contact sports
Football, basketball, soccer, etc.
Risks: Prolonged close contact/potential clustering of people, high respiratory rate, unable to wear a mask

Air travel
Risks: Enclosed space, prolonged close contact/potential clustering of people, and high-touch surfaces

Public transportation
Subway or bus
Risks: Enclosed space, prolonged close contact/potential clustering of people, and high-touch surfaces

Concert
Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces, yelling/projection of voice

Religious services
Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces, singing/projection of voice

Movie theater or live theater
Risks: Enclosed space, prolonged close contact/potential clustering of people, high-touch surfaces

Watching sports
Risks: Prolonged close contact/potential clustering of people, high-touch surfaces, yelling/projection of voice, enclosed space (if indoor)

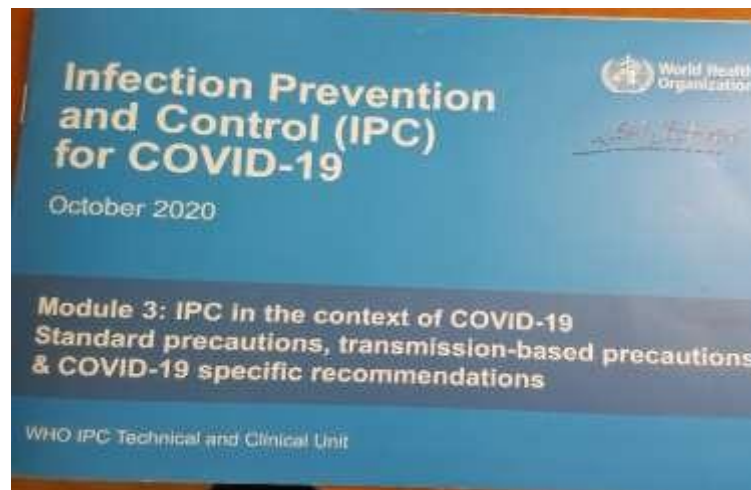
Bars and nightclubs
Risks: Enclosed space, prolonged close contact/potential clustering of people, high respiratory rate, yelling/projection of voice

REOPEN INTELLIGENTLY. REOPEN SAFELY.



Resources

- WHO



- ACDC

- <https://africacdc.org/resources/>

- South Africa

- <https://coronavirus.westerncape.gov.za/resources>
- <https://sacoronavirus.co.za/category/mac-advisories/>

Thank you!