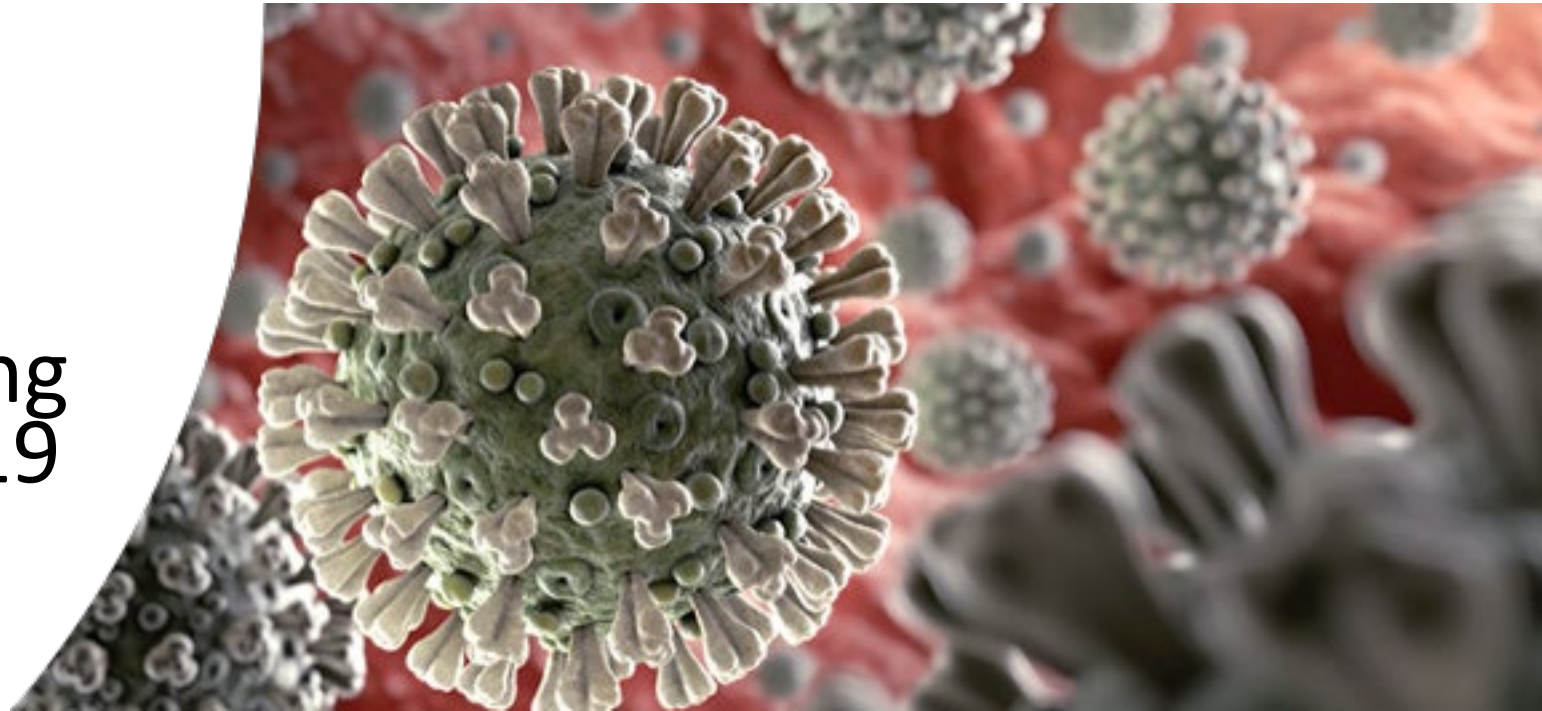




# IPC IN THE COMMUNITY

Presented by:  
Ms AC Vorndran- ICAN

Preventing and controlling  
transmission of COVID 19  
infection



# Objectives

- Understand how to Protecting family members during self isolation
- How do we do homebased care for COVID case
- How to Safely to Go back to work and school
- What does screening mean in community and why
- How to self isolate if no physical distancing is possible
- Disinfection practices in the community: fears and facts

# Routes of Transmission

This is crucial information for applying the correct IPC procedures and ensuring safety of you and your patients.

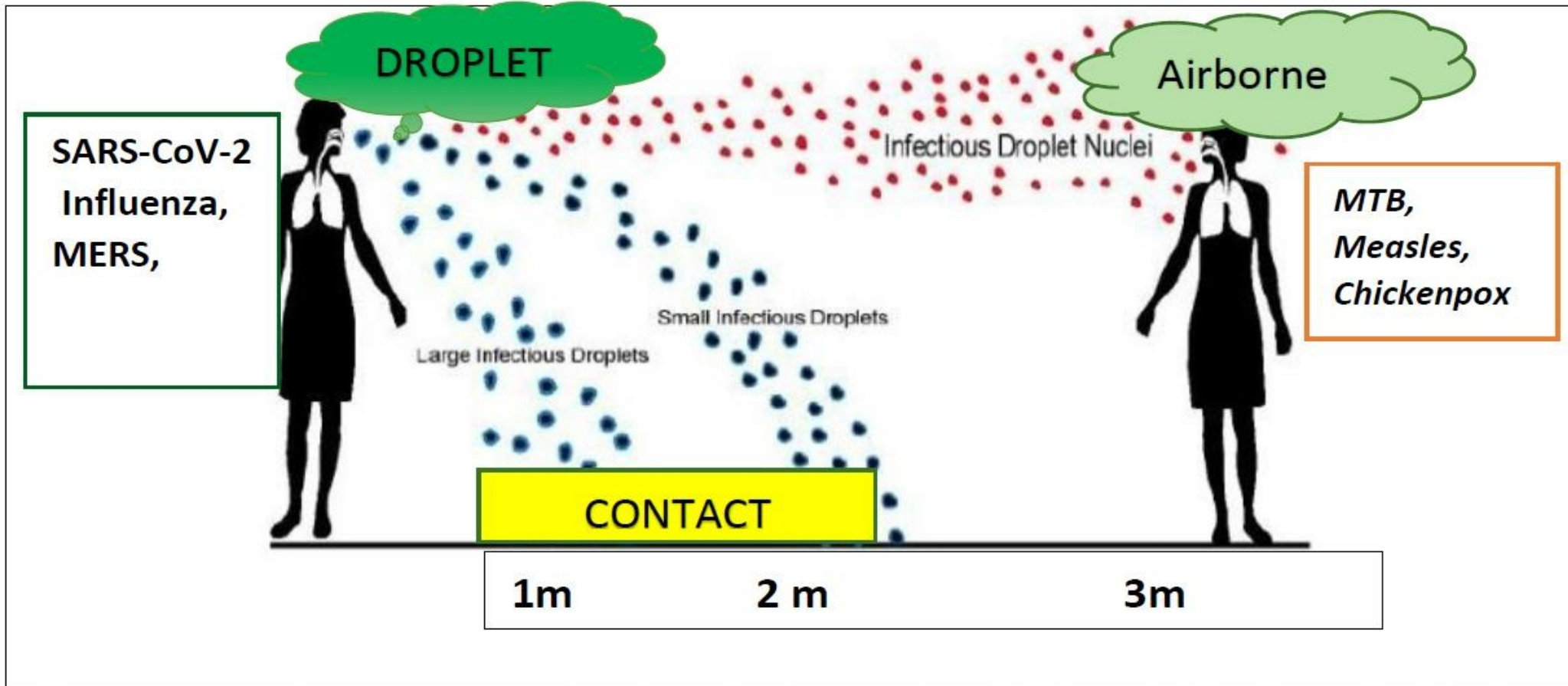
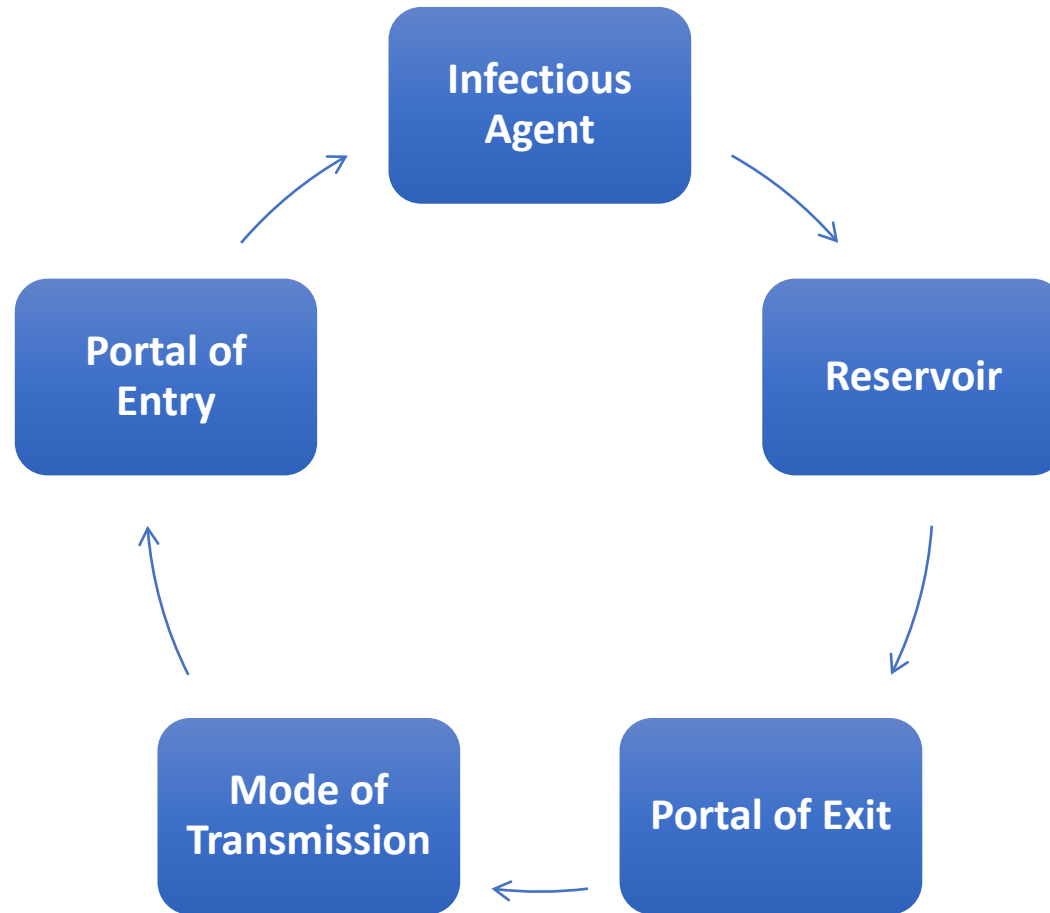


Figure 1: Illustrating the difference between the distance travelled between droplet and airborne after aerosol generation through coughing or sneezing



## Chain of Infection



- For an infection to spread, all links must be connected
- Breaking any one link, will stop disease transmission!

## Primary modes of transmission – COVID-19 virus

### Droplet:

Respiratory droplets are generated when an infected person coughs or sneezes. Any person who is in close contact (within 1 m) with someone who has respiratory symptoms (coughing, sneezing) is at risk of being exposed to potentially infective respiratory droplets.

### Contact:

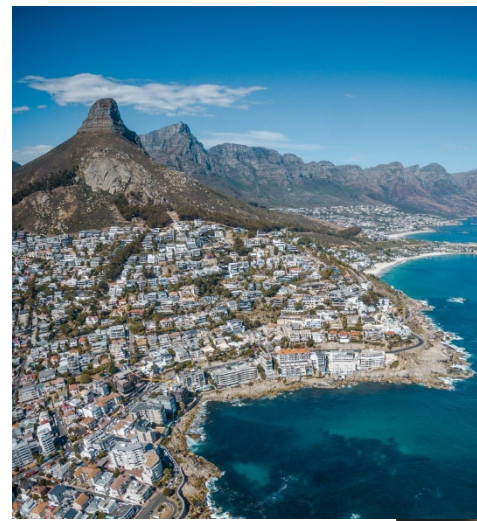


Droplets may also land on surfaces where the virus could remain viable; thus, the immediate environment of an infected individual can serve as a source of transmission (contact transmission).



## Defining “the community”

- Rural and urban communities
- Church groups
- Business, Industry and the informal business sector
- Education, schools and university
- Homeless
- Refugee camps and informal settlements
- Children, Adolescents, Adults and the Elderly
- Alternative health care providers e.g. traditional healers and midwives



# What are our IPC targets for communities

- Slow transmission of COVID-19 by breaking the chain of transmission between individuals.
- Protect individuals who are at increased risk (age, co-morbidities, immunosuppressed), healthcare and critical infrastructure workforce
- Strengthen prevention and control (IPC) practices in the community and in homes
- Enhance the skills of community health workers and family members for early detection of people with COVID-19.
- Management of patients with COVID-19.





## Basic IPC Messages

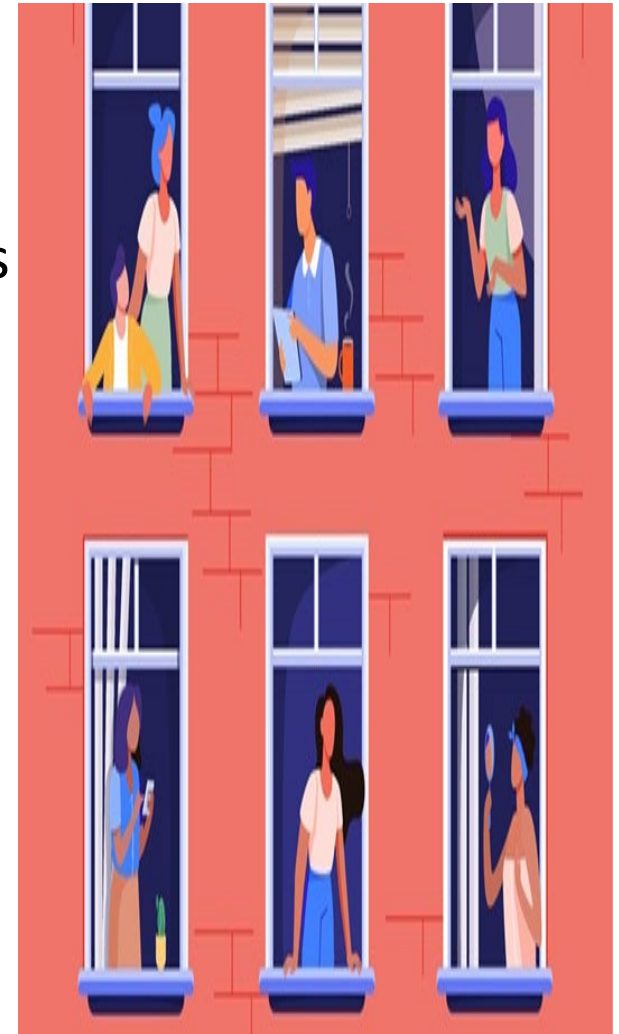
Reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and running water, because it kills viruses that may be on your hands.
- Cover your cough
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing – to prevent droplet contamination on you and inhaling the droplets - COVID-19 virus if the person coughing has the disease.
- Avoid touching eyes, nose & mouth as touching many surfaces with our hands we can pick up viruses and transfer them to our eyes, nose or mouth and other areas that other people might touch as well



# How to protect family members during self-isolation at home

- Limit the movement between you and family members- try and minimize shared space.
- Ensure that shared spaces (e.g. kitchen, bathroom) are well ventilated (e.g. keep windows open);
- Household members should stay in a different room or, if that is not possible, maintain a distance of at least 1 m from the ill person (e.g. sleep in a separate bed)
- Ideally assign one person who is in a good health without underlying chronic conditions or immunocompromised conditions.
- Visitors should not be allowed until you are completely recovered from signs and symptoms;





## **How to protect family members during self -isolation at home**

- Wear medical mask if need to leave room or interact with family members
- Perform hand hygiene after any or all type of contact with family members and the environment at home.
- While hand washing with soap and water is best, if possible use disposable paper towels to dry hands.
- If not available, use clean cloth towels ,and replace them when they become wet; (e.g. wash handkerchiefs using regular soap or detergent and water);
- If you need someone to assist, let them wear a cloth mask or tightly fitted medical mask that covers her/his mouth and nose when in the same room with you, but replace medical mask after use and cloth mask must be washed daily
- Avoid direct contact with body fluids, particularly oral or respiratory secretions, and stool- do not reuse medical masks or gloves;

# How to protect family members during self -isolation at home

- Have your own set of utensils and are to wash properly with warm soap and water, dry and re –use.
- Have own linen, replace and wash between 55- 60 degrees if possible, dry in sun or tumble drier
- If possible have food preparation area available in self –isolation area, or use area after the rest of family, clean with soap and water afterwards, wipe down high touch areas with disinfectant.



## Home base care for COVID-19 patient

- If you need someone to assist, let them wear a cloth mask or tightly fitted medical mask that covers her/his mouth and nose when in the same room with you, but replace medical mask after use and cloth mask must be washed daily
- Avoid direct contact with body fluids, particularly oral or respiratory secretions, and stool- do not reuse medical masks or gloves;
- When patient are symptom free & tested negative, can start moving in community - maintain social distance & hand hygiene, cough etiquette



# Living with someone who is in self-quarantine/self-isolation



**Stay in separate rooms.**



**Use different bathrooms** if possible. Clean them regularly.



**Do not share** towels, cutlery, glasses, etc.



**Maintain a 1.5 metre distance** from each other when passing through shared spaces.



**Wash clothes and bed linen** regularly in separate loads, using a hot wash cycle.



**Clean and disinfect** commonly touched surfaces regularly.



If there are times when you cannot avoid being in the same room as another person, **limit the time you are together (less than 15 minutes)** and wear a mask if you have one.



**Monitor your health.**



Government of South Australia  
SA Health





# CORONAVIRUS ADVISORY

## 10 Considerations for Implementing Back-to-Work Programs Following COVID-19

**Buchanan**  
Ingersoll · Rooney



### LEARNING ABOUT MASKS

- ✓ Have at least two cloth masks.
- ✓ Wear the cloth mask all the time.
- ✓ Once you put your mask on, don't touch it until you take it off.
- ✓ Try to only touch the straps.
- ✓ Never pull down your mask - not even to talk.
- ✓ Make sure your mask is washed as soon as you take it off at home.
- ✓ Dry it in the sun and iron it to kill germs.



## Returning to Work...



# Going back to work and school safely

## Basic principles

- Helps keep students, colleagues and staff safe at school & work
- Help stop the spread of this disease.

## Know the latest facts

Understand basic information about coronavirus disease (COVID-19), i.e symptoms, complications, transmission and how to prevent transmission.

Stay informed about COVID-19 through reputable sources such as WHO and national health ministry advisories.

## Recommendations for healthy schools & work space are:

- Sick students, teachers, workers and other staff should not come to school/work
- Schools/work place should enforce regular hand washing with soap & water, alcohol rub/hand sanitizer with each student, worker having their own hand sanitiser on them
- Daily cleaning with detergent of all surfaces and wipe down with disinfectant high touch areas at school and work areas- such as door handles, bathroom taps and desks chairs.
- Schools should provide water, sanitation and waste management facilities and follow environmental cleaning and decontamination procedures



# Going back to work and school safely

## Schools & work should promote social distancing by:

- Increase space between desks , create more working space
- If possible have classes/workspace in the open or ensure good ventilation in rooms.
- Decrease the amount of students/workers coming back to ensure physical distance
- Staggering the beginning and end of the school/work day
- Cancelling assemblies, sports games, meetings and other events that create crowded conditions and moved towards on-line meetings



## 1. Establish procedures if students or staff become unwell-

- I. Plan ahead with local health authorities, school health staff and update emergency contact lists.
- II. Ensure a procedure for separating sick students and staff from those who are well – without creating stigma

## 2. Promote information sharing-

- I. Coordinate and follow guidelines from the national health and education authorities.

## 3. Adapt school/ work policies where appropriate

- I. Develop flexible attendance and sick leave policies

## 4. Monitor school /work attendance

- I. track student & staff absence ,
- II. Alert local health authorities about large increases in absenteeism due to respiratory illnesses.





# Going back to work and school safely

5. Plan for continuity of learning In the case of absenteeism/sick leave or temporary school /workplace closures

support continued access to quality education by:

- I. Use of online/e-learning strategies
- II. Assigning reading and exercises for home study
- III. Radio, podcast or television broadcasts of academic content
- IV. conduct remote daily or weekly follow up with students /employees
- V. Review/develop accelerated education strategies



6. Implement targeted health education with Integrate disease prevention and control in daily activities & lessons.

7. Address Mental Health/Psychosocial support needs

- I. Encourage children to discuss their questions and concerns.

8. Support vulnerable populations

- I. Work with social service systems to ensure continuity of critical services such as health screenings, feeding programs or therapies for children/workers with special needs.

9. Post signs encouraging good hand and respiratory hygiene practices

10. Ensure trash is removed daily and disposed of safely





# What does screening mean

To understand screening, we need to know what is the signs and symptoms to look for



# Screening done in communities



## What is screening?

- Screening is a way to find out if you may have COVID-19 or not.
- You will be scanned on your forehead to take your temperature.

## What questions will you be asked?

- have travelled to a high risk country in the last 14 days
- have had contact with anyone with confirmed COVID-19 in the last 14 days
- have symptoms such as fever, cough and difficulty in breathing

You must be honest when you answer the questions to make sure you get the right help.

# Screening Process

- The **process** of screening effectively is more important than the *place* of where screening occurs
- Screening to be done at entrance of schools, shops, church





# How to self isolate if you cannot do physical distance





# What is physical distancing?

- clarify that staying at home isn't about breaking contact with family, friends or colleagues – it's about keeping a physical distance to make sure the virus doesn't spread.
- Keep a distance of two arm lengths or approximately two metres/six feet, between you and the person next to you.
- Work from home, if you are able to.
- If you cannot work from home, discuss opportunities to work staggered shifts to limit the number of people working together at one time.
- If you need to commute to work, travel during low volume times, and whenever possible maintain a distance of 2 metres/ six feet. Make sure that you wash your hands thoroughly after travelling.
- Avoid touching other people, which includes handshakes.
- Limit in-person contact, wear a mask and ensure that you keep the two metre /six feet distance away from people who are more vulnerable to COVID-19, such as older adults, since you may put them at risk.
- Limit time out of your home in communal areas like stores.

# What is self-isolation?

- Self-isolation -a possibility you have been exposed to COVID-19 / have been in a high-risk situation like travelling internationally.
- It means separating yourself from others, by staying at home and avoiding contact with other people.
- Be more vigilant than just social or physical distancing. You must stay home – not go to work, not be out in public for a walk or not using public transportation, taxis or rideshares.
- Have groceries and other supplies delivered to your home.
- Keep contact with others limited, and keep two metres / six feet or more apart and wear a mask when you are around others in your home, if you can.
- Stay in a separate room away from other people in your home, as much as possible. Use a separate bathroom, if you have one.
- Clean/disinfect all high touch surfaces daily, including computers, phones, TV remotes, etc.
- Avoid contact with people who could be at higher risk of COVID-19, such as older adults.
- Structure your day and keep busy. Keep your windows open for period of fresh air, and keep blinds/curtains open to let in as much sunlight as possible.

# How to self isolate when you do not have room

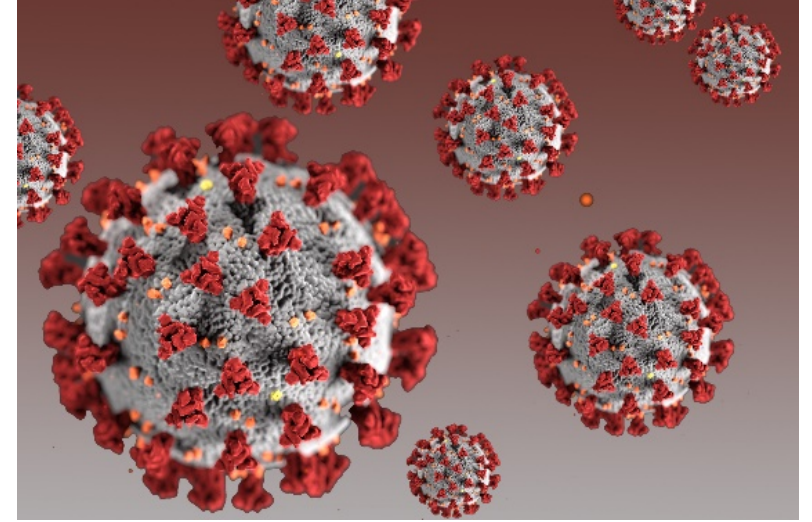
- IF possible, stay at separate area- have tent, open area- depending on weather .
- Separate yourself- if no extra room, increase space between beds and living area.
- Wear a mask- and ensure personal hygiene, cough etiquette, hand hygiene and environmental cleaning.
- Do not share personal items- have own utensils
- Clean and disinfect surfaces frequently
- Limit your out-of-home activity to medical care and do not go into school or work.
- Exercise regular to stay healthy- go for walks, eat healthy and fresh food where possible
- Stay in contact with friends and family- good for emotional & mental wellbeing
- Monitor your symptoms- if any new symptoms appear- contact HCW or doctor by telephone or helpline





# Risk of Contaminated Environment

- Microbes can survive on inanimate surfaces for extended periods: e.g. instruments, floors and tables, clothing including PPE, & in body fluids
- Exposure to contaminated surfaces can lead to colonization/infection
- Microorganisms in environment are transferred to community member mainly by the hands & incorrect cough etiquette, living and moving very close without enough space between sick and healthy persons.





# Disinfection practices in the community: facts& fears

CORONAVIRUS	
MYTH	FACT
<ul style="list-style-type: none"><li>● A VACCINE TO CURE COVID-19 IS AVAILABLE.</li><li>● IT CAN BE TRANSMITTED THROUGH MOSQUITO BITES.</li><li>● EATING GARLIC CAN PREVENT INFECTION.</li><li>● ANTIBIOTICS CAN TREAT THE VIRUS.</li></ul>	<ul style="list-style-type: none"><li>● IT CANNOT BE TRANSMITTED THROUGH GOODS MANUFACTURED IN CHINA OR ANY OTHER COUNTRY REPORTING COVID-19 CASES.</li><li>● PEOPLE OF ALL AGES CAN BE AFFECTED.</li><li>● WASHING YOUR HANDS OFTEN, NOT TOUCHING YOUR FACE, AND STAYING HOME WHEN YOU'RE SICK IS THE BEST FORM OF PREVENTION.</li></ul>

INFO FROM THE WHO

## Coronavirus: Myths vs. facts

 **MYTH**

Receiving parcels and letters from China is unsafe.



**FACT**

People receiving parcels from China are not at risk of contracting the new coronavirus as it does not survive long on objects.



Source: WHO

# Disinfection practices in the community: facts

## Clean

- Wear reusable or disposable gloves for routine cleaning and disinfection.
- Clean surfaces using soap and water, then use disinfectant.
- Cleaning with soap and water **reduces number of germs, dirt and impurities** on the surface. **Disinfecting kills germs** on surfaces.
- Practice routine cleaning of frequently touched surfaces. High touch surfaces include:
  - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

## Disinfecting

- Always read and follow the directions on the label to ensure safe and effective use.
- Wear skin protection and consider eye protection for potential splash hazards
- Ensure adequate ventilation
- Use no more than the amount recommended on the label
- Use water at room temperature for dilution (unless stated otherwise on the label)
- Avoid mixing chemical products
- Label diluted cleaning solutions
- Store and use chemicals out of the reach of children and pets
- You should never eat, drink, breathe or inject these products into your body or apply directly to your skin as they can cause serious harm.

# Disinfection practices in the community: fears and facts

## CORONAVIRUS PREPARE. DON'T PANIC.

People who think they may have been exposed should contact their healthcare provider immediately.



FEVER



COUGHING



SHORTNESS OF BREATH

The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, the CDC always recommends everyday preventive actions to help stop the spread of respiratory diseases.



### AVOID

close contact with people who are sick



### WASH

your hands often with soap and water for at least 20 seconds



### CLEAN

and disinfect frequently touched objects and surfaces



### COVER

your cough with a tissue, throw it away, and wash your hands



### AVOID

touching your eyes, nose, and mouth



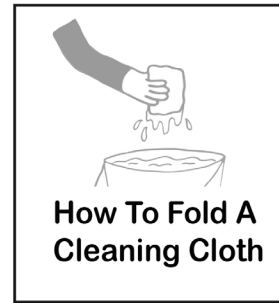
### STAY

home when you are feeling sick

- Cleaning and hygiene are also important.
- Wash your hands with soap and water for 20 seconds or more before touching your face or eating.
- Rub your hands for 20 seconds or more when using hand sanitizer.
- Cover your nose and mouth with a tissue or your elbow when sneezing or coughing and wash your hands right after.
- Clean frequently used surfaces everyday.

# Best practices for surface cleaning

- Use fresh cleaning cloths to start
- Change cleaning cloths when no longer saturated
- Change cleaning cloths between each patient zone (in high-risk areas)
- Make sure you have enough cleaning cloths to finish the cleaning session
- Never double-dip!



**1** Start by folding the cloth in half



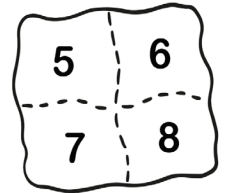
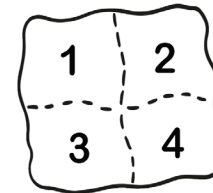
**2** Then fold the cloth in half again



**3** Submerge the folded cloth into cleaning solution only once, do not “double dip” as this will contaminate the solution



**4** You now have a cloth with eight different cleaning surfaces



Switch to a different side after each one has been soiled. When all sides have been used, dispose of cloth appropriately as waste or laundry and use a new cloth to continue the task

*(From Soapbox, 2018 “TEACH CLEAN”)*



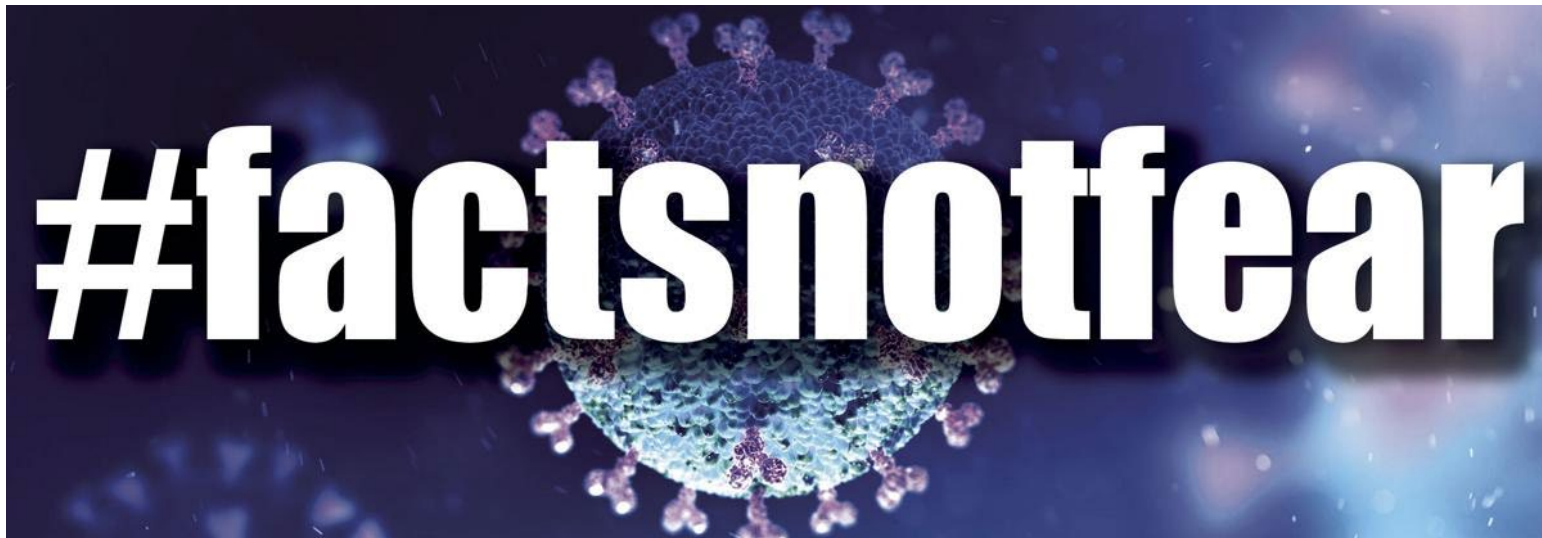
## Key messages for environmental cleaning in context of COVID-19

1. Environmental cleaning is **important to mitigate the spread** of COVID-19 (contact transmission route)
2. SARS-CoV-2 **can survive on some environmental surfaces for days**, but environmental survival is low compared to many other important pathogens
3. Environmental cleaning using existing best practice methods and strategies is **effective against SARS-CoV-2**
4. SARS-CoV-2 is **susceptible to standard environmental cleaning and disinfection methods** (enveloped virus)

# Key message

First clean, then disinfect!

You can clean without disinfecting and /or sterilizing but you **cannot** sterilize or disinfect without cleaning!!



# COVID-19: Myths vs. facts

Information is flying around social media about the novel coronavirus and the COVID-19 pandemic it has caused. Some of the information may be helpful, but a lot of it isn't true and can actually be dangerous. When in doubt, stick to information from trusted medical sources like the CDC, the World Health Organization and scientific or medical groups. Here are the truths behind some of the myths you may have seen on Facebook, Twitter or other social media.

## MYTHS

✗ Very warm or cold weather will kill the virus.

✗ COVID-19 is dangerous only to the elderly.

✗ COVID-19 is just a form of the flu or not as bad as the flu.

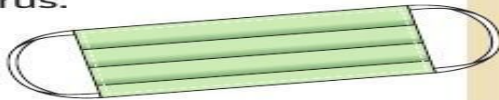
✗ Spraying alcohol, chlorine or bleach all over your body will protect you from this coronavirus.

✗ Pets can carry and spread COVID-19, or you can give it to your pet.



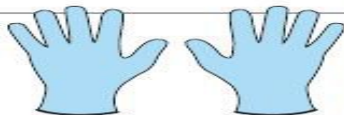
✗ The pneumonia vaccine can protect you against the virus.

✗ Wearing a homemade mask will keep you from getting infected with the novel coronavirus.



✗ You can protect yourself from the virus by taking steroids, ethanol, colloidal silver or "alternative" medicines or substances.

✗ Instead of washing your hands all the time, you can just wear gloves.



✗ Gargling with bleach or salt water will keep the virus from your lungs.

## FACTS

✓ The virus can be spread in all climates and temperatures. The body's temperature stays fairly constant regardless of outside temperature.

✓ Though the possibility of complications and the need for hospitalization is greatest among those over 60 and those with underlying health conditions, a recently released CDC report showed that of those already hospitalized with COVID-19 in the U.S., 18% were age 45-54 and 20% were age 20-44. Of those in ICU, 36% were 45-64 and 12% were 20-44.

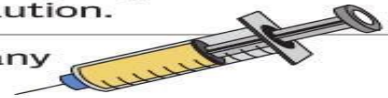
✓ COVID-19 and the flu are caused by different viruses. Vaccines and anti-viral medicines are available for the flu, but not for COVID-19. Dr. Anthony Fauci, the director of the National Institute of Allergy and Infectious Diseases, said earlier in March that COVID-19 is "roughly 10 times more lethal than the seasonal flu."



✓ Spraying yourself with alcohol, chlorine or bleach won't kill any viruses that have already entered your body. These substances are useful for disinfecting surfaces but are harmful if they come in contact with your skin, eyes or mouth.

✓ There is no evidence that pets can give you COVID-19. The CDC has received no reports of animals contracting COVID-19, though there have been three reports in other countries. Because animals can carry other germs that may make people sick, the CDC encourages hand-washing after handling animals or their waste. Until more is known, the CDC does recommend that anyone with COVID-19 avoid contact with pets out of an abundance of caution.

✓ COVID-19 will need its own vaccine. Vaccines against any other illness will not protect you from this virus.



✓ It's unknown how much protection homemade masks provide against the virus. They are definitely less effective than medical N95 respirator masks, which are designed to block at least 95% of small particles and form a tight seal around the nose and mouth. Homemade masks do not form a seal and lose effectiveness after getting wet from the wearer's breath. The CDC considers the use of homemade masks "a last resort" when caring for patients. However, some hospitals are accepting them because of N95 mask shortages.

✓ Ingesting unproven remedies can be dangerous or even deadly and will not keep you from getting COVID-19. The FDA has sent warning letters to several companies for selling or promoting fraudulent anti-COVID-19 products, viewing these claims as a threat to the public health.

✓ Gloves are never 100% impervious to small particles like viruses and can rip. If the virus gets on gloves, people can be infected if they touch their faces, or can get the virus on their hands when removing the gloves. If you wear gloves, always dispose of the gloves and wash your hands thoroughly afterward.

✓ Gargling with anything will not protect you from COVID-19, and bleach is dangerous. Gargling with salt water can soothe a sore throat, however.



# References

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- WHO (2008) Essential environmental health standards in health care. [https://www.who.int/water\\_sanitation\\_health/publications/ehs\\_hc/en/](https://www.who.int/water_sanitation_health/publications/ehs_hc/en/)
- Presentation by Molly Patrick, M.Eng On Environmental cleaning in healthcare facilities in context of COVID-19
- [Centers for Disease Control and Prevention, National Center for Emerging and Zoonotic Infectious Diseases \(NCEZID\), Division of Healthcare Quality Promotion \(DHQP\)](#)