

How to protect yourself and the people you are caring for from infection with COVID-19

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COVID-19: Background

Coronaviruses are a family of viruses that can make humans sick

The new coronavirus disease, officially known as COVID-19, originated in China in 2019 and has since spread around the world

Most people, around 80% who become infected with COVID-19, will experience only MILD symptoms and fully recover without any special treatment

Some people, 15% of people who become infected with COVID-19, will experience MODERATE symptoms

A small number of people who become infected with COVID-19, approximately 5%, may experience SEVERE symptoms and get very sick

It is important to know how to protect yourself, your family, your family and your community

COVID-19 Signs and Symptoms

- Fever, Cough, Shortness of Breath and Sore Throat

High Risk Population

Some people at higher risk for developing serious illness from COVID-19 including:

Older people

those with underlying medical problems, including high blood pressure, heart problems, diabetes, respiratory disease or immune deficiencies (low immunity)

Aboriginal and Torres Strait Islander people experience higher rates of chronic diseases compared to other Australian and may be at higher risk of serious illness

COVID-19: Who can catch it?

Anybody can be infected

COVID-19 does not discriminate between race nor gender therefore we are all at risk of infection

We all need to be safe

There are important things that we can do to protect ourselves, our family and those in our care

How Does COVID-19 spread?

COVID-19 spreads from person to person through droplet transmission

Droplets are small pieces of saliva, which are produced when a person coughs or sneezes

Droplets usually travel no further than one metre through the air

You can become infected if:

- You have close contact with an infected person who coughs or sneezes
- You touch an object (e.g. door handle) contaminated from a cough or sneeze from a person with COVID-19 and touch your eyes, nose or mouth

Droplets cannot go through skin and can only lead to infection if they touch your mouth, nose or eyes

A Group Effort

- It is important that everyone helps to prevent the spread of COVID-19
- Encourage standard precautions amongst co-workers, family, friends, people you care for and any visitors
- Lead by example

Handwashing

- Make sure that people in your care also wash their hands regularly
- This is especially important after going to the toilet, blowing their nose and before and after eating
- If you work in a residential or health facility, make sure that visitors wash their hands on entering and leaving the facility and before and after visiting any resident
- Putting up signs to remind people and make sure there are handwashing stations or hand rub available for visitors to use

Try not to touch your face

- Avoid touching your face as much as possible
- This is important because virus containing droplets on your hands can be transferred to your eyes, mouth or nose where they can infect you
- Most of us touch our face many times per hour without realising
- Try to stop yourself touching your face, and encourage others to do the same

Social distancing

- Maintain at least 1.5 metres distance between yourself and anyone who is coughing or sneezing
- This is important because if you are too close to someone you might breathe in droplets they cough or sneeze
- If you are further away than 1.5 metres, it is very unlikely that you will breathe in droplets that might contain COVID-19
- Help those that you care for by keeping 1.5 metres between themselves and others
- This is especially important if you're out and about
- Avoid large public gatherings, unless essential
- Remember that COVID-19 can be transmitted by droplets that can be passed from hand to hand including handshakes

Use good respiratory hygiene

- Make sure you and the people around you follow good respiratory hygiene. This means covering your mouth and nose when you cough and / or sneeze with:
 - A tissue that you put in the bin straight after use

- Your bent elbow
- Respiratory hygiene is important because droplets spread virus. By following good respiratory hygiene you “catch” any droplets that might be produced, and this protects the people around you from viruses including COVID-19
- Remind those in your care to use good respiratory hygiene
- Make sure that when you are out and about you carry tissues for yourself and others to use
- Remind those in your care to clean their hands after coughing or sneezing

What about masks?

- Remember the best ways to protect yourself and others against COVID-19 are:
 - Regularly wash your hands
 - Use respiratory etiquette to catch your cough or sneeze with a tissue or in the bend of your elbow
 - Maintain social distancing

Cleaning and disinfection

- Regular cleaning of your environment, at home, in your care and at work is essential
- This is because droplets from an infected person can fall on a surface, and be transferred to someone else’s hands if they touch the surface
- You should regularly clean frequently touched surfaces, for example, tables doorknobs, light switches
- To clean use a detergent solution according to the manufacturer’s label
- Remember to check the product label for any precautions you should take when using it, such as wearing gloves or making sure you have good ventilation

Cleaning in health and residential care settings

- Routine environmental cleaning requirements can be divided into 2 groups
 - Frequently touched surfaces – door handles, bedrails, tabletops, light switches – detergent-impregnated wipes may be used, but should not be used as a replacement for the mechanical cleaning process
 - Minimally touched surface – floors, curtains, walls, blinds –
 - Detergent solution /wipes are adequate for cleaning general surface and non-patient care areas
 - Damp mopping is preferable to dry mopping
 - Walls and blinds should be cleaned when visibly dusty or soiled
 - Window curtains should be regularly change in addition to being cleaned when soiled
 - Sinks and basins should be cleaned on a regular basis

Food safety

- From the information we know at the moment, COVID-19 doesn’t seem to be spread by food
- However, you should still make sure you prepare food safely to make sure that you and others don’t get sick from other disease
- Even in areas of experiencing outbreaks, meat products can be safely consumed if these items are cooked thoroughly and properly handled during food preparation.

- Use different chopping boards and knives for raw meat and cooked foods
- Wash your hands between handling raw and cooked food

Managing visitors

- Keeping safe from COVID-19 does not mean having no social life for yourself or those in your care
- It is important to maintain relationships
- People who are unwell should be advised to stay in their own homes and not visit others (same applied if they are in contact of their sick family members as well)
- This is particularly important to enforce to residential settings where people should stay in their own room and for people at high risk
- Visitors to residential facilities should be encouraged to wash their hands on entering and exiting the facility and before and after visiting any residents.

Taking people in your care out in public

- Regular hand hygiene, social distancing and respiratory etiquette are essential in public settings
- Practice hand hygiene after touching shared surfaced (e.g. in shops, cafes or on public transport)
- To maintain social distancing you should avoid large public gatherings, unless essential

Keeping yourself and others safe

- Remember while COVID-19 can seem scary, you can help to stop it spreading, protect yourself and those in your care
- The most important things you can do are:
 - o Wash you hands and make sure those in your care do the same
 - o Practice respiratory etiquette and make sure those in your care do the same
 - o Practice social distancing and make sure those in your care do the same

What if I develop symptoms of COVID-19?

- If your develop symptoms such as fever, dry cough, sore throat and fatigue:
 - o Stay at home and practice standard infection control precautions
 - o Seek medical advice, it is important to call ahead first:
 - Go to www.healthdirect.gov.au or
 - Call the national Coronavirus information and Triage Line (1800 020 080) or
 - Call your usual care provider
 - o Inform your workplace

What if someone in my care develops symptoms of COVID-19?

- If someone in your care has symptoms of COVID-19:
 - o Keep them at home, or if they are in a group facility, keep them isolated in their own room
 - o Ensure they practice standard infection control precautions and seek medical advice promptly, remember to call ahead first

What if someone in my care develop symptoms of COVID-19?

- If someone in your care is suspected by a medical professional as having COVID-19 then you will need to practice further infection control measures including use of appropriate PPE
 - o You will need to seek further advice on this from your local public health unit or infection control specialist

COVID-19 Quiz:

1. What does social distancing mean?
 - A. Keeping at least 1.5 metres away from others
 - B. Stay at least 5 metres away from others
 - C. Not leaving your house
 - D. It doesn't mean anything as it's not important
2. How can you protect yourself from COVID-19?
 - A. Washing hands regularly or use alcohol-based hand sanitizer rub
 - B. Avoid touching your eyes, nose and mouth
 - C. Cover your cough or sneeze with a tissue paper and dispose of it immediately
 - D. All of the above
3. When you have symptoms such as fever, cough, fatigues and sore throat you should stay away from your workplace?
 - A. True
 - B. False
4. COVID-19 can be transmitted by mosquitos?
 - A. True
 - B. False
5. COVID-19 can be cured by antibiotics?
 - A. True
 - B. False
6. If you have recently returned from overseas travel and are showing syjptoms such as fever, cough, fatigue and sore throat, you should seek medical advice (phone ahead and seek advice first)?
 - A. True
 - B. False
7. What precautions do you need to take while handling and preparing food?
 - A. Have separate chopping boards for your cooked and uncooked meat
 - B. Practise hand hygiene
 - C. Ensure all meats are cooked thoroughly
 - D. All of the above
8. Visitors to residential facilities should wash their hands on arrival and leaving?
 - A. True
 - B. False
9. How does transmission of COVID-19 occur?
 - A. Contact with blood
 - B. Through the skin
 - C. Droplet transmission
 - D. Drinking contaminated water
10. Who is responsible for preventing the spread of COVID-19?
 - A. Doctors

- B. Community
 - C. Nurses
 - D. Everyone
11. What are the most common signs and symptoms of COVID-19
 - A. Fever, fatigue, and dry cough
 - B. Fever, vomiting and constant thirst
 - C. Earache and sore joints
 - D. Cold, dry skin
 12. What approximately, what percentage of people become seriously ill?
 - A. 40%
 - B. 5%
 - C. 20%
 - D. 80%
 13. COVID-19 is a
 - A. Virus
 - B. Bacteria
 - C. Parasite
 - D. Fungus
 14. Everyone should be wearing a mask to prevent COVID-19
 - A. True
 - B. False
 15. Which demographic groups are most likely to become seriously ill if infected?
 - A. Elderly
 - B. Middle age
 - C. Children
 - D. Women

Your score: ? /15 (12/15 or 80% is passing score)

1A, 2D, 3A, 4B, 5B, 6A, 7D, 8A, 9C, 10D, 11A, 12B, 13A, 14B, 15A

COVID-19 Myth Busted

1. The new coronavirus can be transmitted in areas with hot and humid climates
 - From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather
 - Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19
2. Cold weather and snow CANNOT kill the new coronavirus
 - a. There is no reason to believe that cold weather can kill the new coronavirus or other diseases
 - b. The normal human body temperature remains around 36.5C and 37C, regardless of the external temperature or weather

3. Taking a hot bath does not prevent the new coronavirus disease
 - a. Taking a hot bath will not prevent you from catching COVID-19
4. The new coronavirus CANNOT be transmitted through mosquito bites
 - a. To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes
5. Are hand dryers effective in killing the new coronavirus?
 - a. No. Hand dryers are not effective in killing the COVID-19
6. Can an ultraviolet disinfection lamp kill the new coronavirus?
 - a. UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation
7. How effective are thermal scanners in detecting people infected with the new coronavirus?
 - a. Thermal scanners are effective in detecting people who have developed a fever
 - b. However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever
8. Can spraying alcohol or chlorine all over your body kill the new coronavirus?
 - a. No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body.
 - b. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth)
9. Do vaccines against pneumonia protect you against the new coronavirus?
 - a. No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B vaccine, do not provide protection against the new coronavirus.
10. Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?
 - a. No. there is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus
11. Can eating garlic help prevent infection with the new coronavirus?
 - a. Garlic is a healthy food that may have some antimicrobial properties.
12. Does the new coronavirus affect older people, or are younger people also susceptible?
 - a. People of all ages can be infected by the new coronavirus.
 - b. Older people and people with pre-existing medical condition (such as asthma, diabetes, and heart disease) appear to be more vulnerable to becoming severely ill with the virus.
13. Are antibiotics effective in preventing and treating the new coronavirus?
 - a. No. antibiotics do not work against viruses, only bacteria
14. Are there any specific medicines to prevent or treat the new coronavirus?
 - a. To date, there is no specific medicine recommended to prevent or treat the new coronavirus
 - b. However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care

Key messages for COVID-19

You can help protect yourself, your family, your workplace and your community

- A. Practise regular hand hygiene
- B. Practise social distancing
- C. Practise respiratory etiquette