

# Personal Prevention Measures against COVID-19

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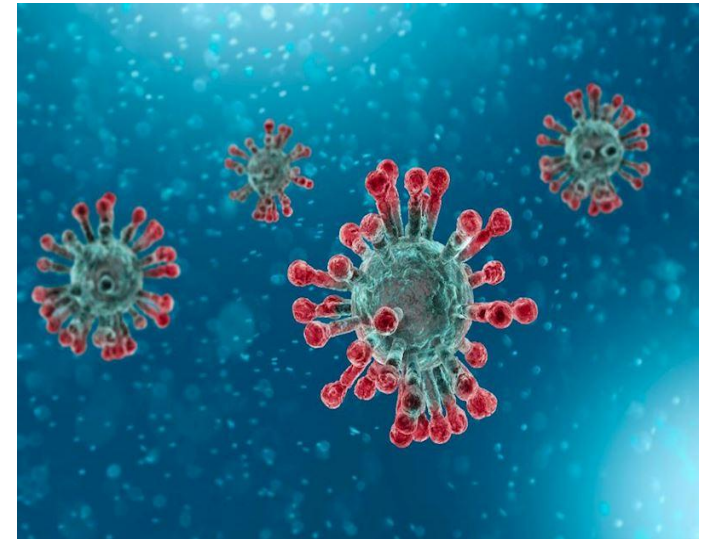
***These measures are for the protection of individuals involved in the prevention and control of COVID-19***

## **1. What is Coronavirus (COVID-19)?**

*Coronaviruses are a large group of viruses that are common among animals. In rare cases, they are what scientists call zoonotic, meaning they can be transmitted from animals to humans.*

*Due to mutation, some forms of Coronavirus are extremely contagious and potentially fatal. The molecular structure of the Coronavirus contributes to its ability to enter its host. Composed of proteins, the structure of the Coronavirus is comprised of a spike, nucleocapsid, envelope, and membrane. The presence of glycoproteins promotes the virus' ability to bind to the host's cells and mutate. It has been suggested that the virus' ability to mutate is what makes it so contagious. **Reinfection is another characteristic associated with illnesses of the family coronavirus.***

*Individuals who experience persistent symptoms that increase in severity need to seek medical attention to prevent further illness and potential complications.*



## ***2. Know How it Spreads***

***There is currently no vaccine to prevent COVID-19. The best way to prevent disease is to avoid being exposed to this virus.***








- ✓ ***The virus spreads mainly from person-to-person, transmitted through body fluids or excreta (blood, secretions, vomitus, etc.)***
- ✓ ***Through respiratory droplets produced when an infected person coughs or sneezes.***
- ✓ ***These droplets can land in the eyes, mouths or noses of people who are nearby or possibly be inhaled into the lungs.***
- ✓ ***Between people who are in close contact with one another (within about 6 feet).***

### **3. Watch for Coronavirus symptoms**

*For older adults or those with a weakened immune system, who have severe underlying chronic medical conditions like heart or lung disease or diabetes, seem to be at higher risk for developing more serious complications from COVID-19.*

*Coronavirus symptoms may appear **2-14 days after exposure**, if you show any warning sign of the following symptoms, please seek medical care urgently!*

-  **Fever**
-  **Cough**
-  **Difficulty breathing or shortness of breath**
-  **Persistent pain or pressure in the chest**
-  **Sore throat**

*\*Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed. If you are not sick enough to be hospitalized, you can recover at home.*

## **4. Take actions to protect yourself and others**

*If you are at higher risk for COVID-19 infection because of your age or your long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with coronavirus.*

- ✧ ***Stock up on medical supplies** in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.*
- ✧ *Take everyday precautions to **keep space between yourself and others.***
- ✧ ***Avoid touching your eyes, nose, and mouth** with unwashed hands*
- ✧ *After you go out in public or blowing your nose, coughing or sneezing, keep at least 1m ( $\approx 3.28$  feet) distance with others, then **wash your hands often with soap and water for at least 20 seconds.** If soap or water is not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.*
- ✧ ***Avoid crowds** as much as possible.*
- ✧ ***Avoid non-essential air travel.***
- ✧ *During a COVID-19 outbreak in your community, **stay home as much as possible** to further reduce your risk of being exposed.*

## 4.1 How to Wash Hands Properly (7 Steps)?

### Step 1: Wet Hands



#### **Step 1: Wet Hands**

*Wet your hands and apply enough liquid soap to create a good lather. The temperature of the water should be between 35°C and 45°C for at least 20 seconds*

### Step 2: Rub Palms Together



#### **Step 2: Rub Palms Together**

*Rub your hands palm to palm in circular motions. Rotate clockwise and anticlockwise.*

### Step 3: Rub the Back of Hands



#### **Step 3: Rub the Back of Hands**

*With your fingers linked through the other hand, use your right palm to rub the back of your left hand. Then swap.*

**Step 4: Interlink Your Fingers**



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*Link your fingers together, facing each other, into clasped hands. Then rub your palms and fingers together.*

**Step 5: Cup Your Fingers**



**Step 5: Cup Your Fingers**

*Cup your fingers together, with your right hand over and your left hand under. With your fingers interlocked, rub the backs of them against your palms. Then swap.*

**Step 6: Clean the Thumbs**



**Step 6: Clean the Thumbs**

*Enclose your right hand around your left thumb and rub as you rotate it, then swap.*

**Step 7: Rub Palms with Your Fingers**



**Step 7: Rub Palms with Your Fingers**

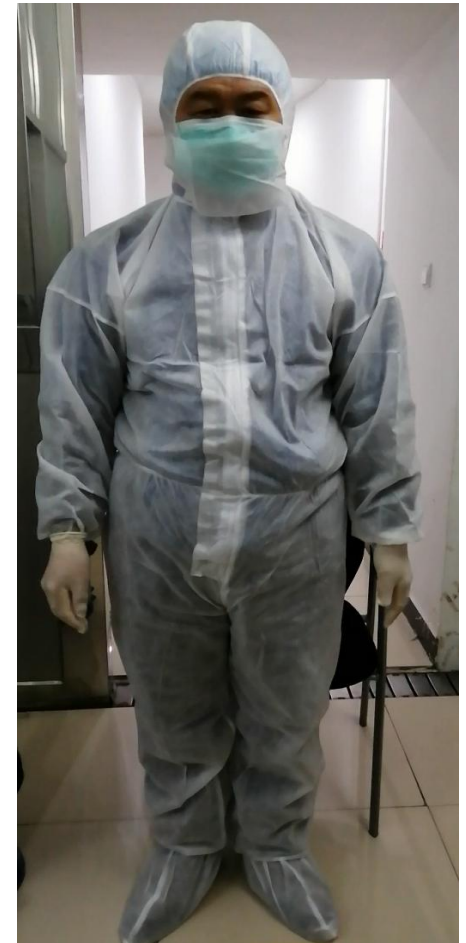
*Rub your fingers over your left palm in a circular motion, then swap.*

## 5. Personal Protective Equipment and Its Use

*Those who come into contact with or who may come into contact with COVID-19 patients and asymptomatic infected persons, must use personal protective equipment.*

***When entering into a contaminated area or performing diagnosis and treatment or any possible contact with the infected, we should wear necessary protective equipment including:***

- **Gloves:** one must wear disposable rubber gloves.
- **Medical Protective Cap & Mask:** one must wear a medical protective cap or mask or a powered air filter respirator. An air tightness check should be performed before using it. When wearing multiple protective equipment items, the final step should be to remove the medical protective mask.
- **Protective Face Shield or Goggles:** one must wear a protective face shield or goggles, when one's eyes, eye conjunctiva, or face are at risk of being contaminated by blood, body fluids, secretions, excreta, and aerosols. After removing reusable goggles, the goggles are to be sterilized and dried prior to next use.





- **Protective Suits:** one should wear protective suits (disposable clothing) plus protective suits, gloves, shoes.
- **Hand hygiene measures** (refer to *WHO Guidelines on Hand Hygiene in Health Care (2009)*) : one should be strictly adhered to in daily work, especially before putting on gloves and other personal protective equipment, after possibly touching a patient's blood, body fluids, and contaminated items or surrounding surfaces, and when removing personal protective equipment.

## ***6. Precautions while Wearing & Removing Personal Protective Equipment***

- *Minimize contact with contaminated surfaces when removing personal protective equipment.*
- *The final step should be to remove the medical protective mask.*
- *Hand disinfection should be performed at each step of the process of removing protective equipment. After all protective equipment is removed, one should wash and disinfect their hands once again.*
- *Non-disposable items such as protective goggles and rubber boots, once removed, should be dipped in a container of disinfectant solution.*

## 6.1 Guide of Wearing protective equipment



## 6.2 How to wear protective suits step by step on site

1. 7 Steps of hand washing

2. Wear protective mask and protection cap

3. Wear protective suit

4. Zip up



**5. Paste zipper seal stripe**



**6. Wear protective suit and mask (&goggles)**



**7. Wear disposable gloves**



**8. Finish**



## 6.3 Guide of removing protective equipment

脱摘顺序



1、 Take off shoe cover 2、 Take off external gloves and wash hands 3、 Take off face shield & zip open suit and wash hands 4、 Turn inside out and take off the suits then wash hands



5、 Take off disposable cap 6、 Take off eye goggles 7、 Take off disposable mask 8、 Take off internal rubber gloves 9、 Wash hands

## 6.4 How to remove protective suits step by step on site

1. Get ready



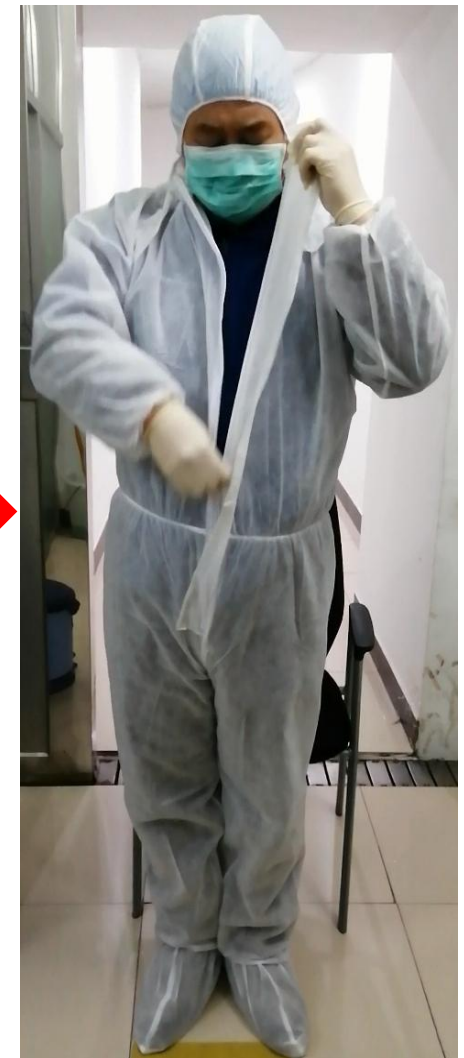
2. Take off face shield



3. Take off protective suit



4. Zip Open and wash hands

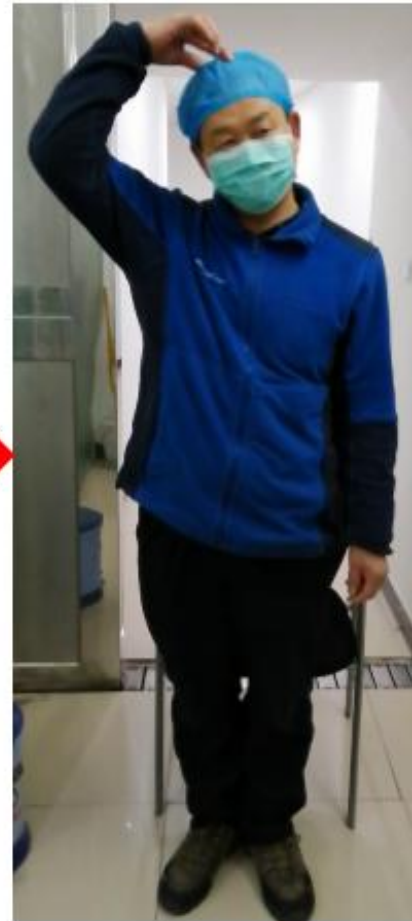


5. Turn inside out and take off cap then wash hands 6. Take off gloves and wash hands 7. Take off protective suit from one side to another



8. Take off protective suit by turning inside out then wash hands

9. Take off protective cap and mask (&goggles) then wash hands



—End—