



Prevention Through Education

COVID-19 is an emerging respiratory disease that can spread from person. The virus that causes COVID-19. Prior to COVID-19, two other coronaviruses (SARS & MERS) were known to cause more serious lower respiratory infection (pneumonia).

Coronavirus Disease 2019 (COVID-19)

FOR HEALTHCARE WORKERS

TALKING POINTS

What is COVID-19?

COVID-19 is a disease caused by a respiratory virus first identified in Wuhan, Hubei Province, China in December 2019. COVID-19 a new virus that hasn't caused illness in humans before. Worldwide, COVID-19 has resulted in thousands of human infections, causing illness and in some cases death. Cases have spread to countries throughout the world, with more cases reported daily.

Symptoms

Does the patient have any of the following:

What are the symptoms of COVID-19?

Individuals with COVID-19 have had mild to severe respiratory illness with symptoms of

- Fever
- Cough
- Difficulty breathing



In more severe cases, pneumonia (infection in the lungs)

***** Remember, some people may not show any symptom**

Exposure Risks

Does the patient have any of the following:

- Travel to China or high risk country within 14 days of illness onset?
- Contact with a person with COVID-2019

HealthCare Practitioners Should Encourage & Maintain The Following Protocols:

- Perform community risk assessments, including screening through testing, tracing and treatment as applicable
- Identify and isolate cases accordingly

- Conduct accurate and guided personal health history to include pre-existing conditions
- Take inventory of number of persons in the home(s), and
- Place of employment or business, including trading in an open market
- Continue to encourage individuals or patients, communities or groups to maintain a stricter compliance to what has been everyday personal hygiene preventative practices to prevent:
 1. Risk of exposure to self and others
 2. Encourage regular hand washing for at least 20 second
 3. Use hand-sanitizer or alcohol-based solution for 60 second
 4. Report any form of illness or changes in health conditions

If clinical or exposure history are concerning for COVID-2019:

1) Isolate patient: Provide face mask and place in private room (preferably negative pressure); use N95 respirator, gowns, gloves and eye protection to assess patient,

2) Collect information for Persons **Under** Investigation and Complete Form <https://www.cdc.gov/coronavirus/2019-ncov/downloads/pui-form.pdf> AND

3) Consult with local health department while patient is still present to discuss COVID-2019 testing

What can I do to protect myself and others?

Take everyday preventive steps to slow the spread of COVID-19:

- Wash your hands often with soap and warm water for at least 20 seconds
- Use an alcohol-based hand sanitizer with at least 60 percent alcohol if soap and water are not available
- Cover your coughs and sneezes with a tissue, your sleeve or your elbow
- Avoid touching your eyes, nose and mouth
- Clean and disinfect frequently touched objects and surfaces using standard cleaning practices
- Avoid close contact with people who are sick
- If you are sick, stay home, except when seeking medical care
- Utilize telemedicine and electronic medical record where appropriate
- Practice social distancing — keep distance between yourself and others and avoid crowds

As a preventive measure to slow COVID-19 outbreaks, **social distancing include** avoid overcrowding and poorly ventilated areas, gatherings of more than 10 people, and closed restaurants, bars and movie theaters. Also, practice virtual connectedness such as texting, gaming online, Facebook, Instagram, web-conferencing, and others. Schools are also closed to avoid social contact with school children and staff.

It is recommended that those at a high risk of becoming seriously ill from COVID-19 stay home as much as possible and contact their doctors or nurse when necessary.

Use of Personal Protective Equipment (PPE)

- Use gloves and gowns consistent with Standard and Droplet precautions.
- Use either a surgical mask or a fit-tested N-95 respirator or powered air-purifying respirator. Either a face shield or goggles to protect the eyes is essential.

Specimen Collection, Shipping, and Result Reporting

- Verify collection, packing, and shipping procedures for the commercial or hospital laboratory.
- Ensure that you have a process for reporting positive results to the health department.

MENTAL HEALTH IN A TIME OF COVID-19

The outbreak of COVID-19 has placed overwhelming stress on people, families, communities, and our nation. Fear and anxiety about an unseen disease can provoke strong emotions in adults and children. Even our friends and neighbors without mental health diagnoses are experiencing increased challenges.

Psychosocial Implications

- I know many people are anxious and stressful at this time
- People are worried about their lives and confused. We're all worried about our family members and our loved ones, about our communities and neighborhoods. Working together to prevent COVID-19 is very important to preventing community spread and

*****Alerts on COVID19**

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your doctor for medical advice and follow recommendation if isolation or quarantine (staying away) from others for 14 days.

Preparing Leaders to Address the Challenges

Volunteer today to make a difference in someone's life and in your community



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Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions

HAND-OUT COPY

Under the current guidelines, state, local, municipal and local health agencies continue to develop comprehensive and coordinated prevention and response plans for coronavirus disease 2019 (COVID-19).

Experts or subject matters will continue to communicate directly with the public, providing updates as this situation develops and accurate information about how to protect yourself, your family and the general public

If you have questions about COVID-19 that are not answered here, call your local health department or ministry of health

What is COVID-19?

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Has COVID-19 Spread to Nigeria.?

Yes. COVID-19 has spread to Nigeria and has caused many people to become ill, and in severe cases, deaths. There is now confirmed community spread reported in many states in Nigeria, including Rivers State. "Community spread" means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

What Is The Risk To The Public Right Now?

COVID 19 presents immediate and eminent danger to community with high density and/or overcrowded styles of living. Widespread transmission of COVID-19 in Nigeria is occurring, and we hope to minimize the spread with your help.

What Is Community Spread?

Community spread is how the common cold and flu are transmitted — meaning people catch it from each other while going about their daily lives. Reported community spread of COVID-19 widely in Nigeria raises the level of concern about the immediate threat for the affected communities.

Does Nigeria have any case of this new virus now?

Yes, Nigeria has confirmed cases of COVID-19 in about 12 states, including Rivers State. The data changes each day and had to keep track of all known cases. For up-to-date information about testing and case counts in Nigeria.

Contact: **Nigeria Centre for Disease Control (NCDC) ncdc.gov.ng, or**

What are risk factors for serious illness from COVID-19?

Everyone is at **RISK**. However, **older people**, age 60 and above, and those with pre-existing medical conditions have a higher risk for serious illness from COVID-19.

Examples of pre-existing medical conditions include: cancer, diabetes, heart disease or other conditions impacting the immune system's ability to fight germs.

How Does COVID-19 Spread?

COVID-19 is thought to be able to spread like the cold or flu through:

- Coughing and sneezing, which creates respiratory droplets?
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it

What should I do if I think I am sick with COVID-19?

If you become sick with fever, cough or have difficulty breathing, contact your health care provider, especially if you are over 60 years of age or have pre-existing medical conditions. If you do not have a health care provider, contact your local health department and follow these steps listed above.

If someone has COVID-19, what will happen to them?

The vast majority of people recover from this infection. Most people will have mild or moderate symptoms. Most people may be advised to recover at home and isolate themselves from others. These individuals should call their physicians or health care practitioners if their symptoms get worse.

Some COVID-19 infections can lead to serious illness, and in some cases death. If someone has a more serious illness from COVID-19, they may be admitted to the hospital.

Should I cancel plans to travel abroad?

The Nigerian Centers for Disease Control and Prevention (NCDC), World Health Organization (WHO) and Federal Ministry of Health are updating travel advisories as warranted.

At this time, NCDC and experts recommend that all persons defer any travel on cruise ships worldwide, including river cruises, because of the increased risk of COVID-19 transmission onboard ships. Deferring travel is especially important for older adults and all people with serious chronic medical conditions (such as heart disease, diabetes or lung disease), because of their increased risk for serious illness. People who are at increased risk for serious illness are also advised to avoid non-essential air travel.

Visit the NCDC and WHO travel advisory site to check on current travel warnings if you are planning a trip abroad: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

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Should I wear a face mask when I go out in public?

Yes. Experts recommend face masks for the general public, though special masks are recommended in some settings — such as in a hospital or clinic waiting room — to prevent someone who has a respiratory illness from spreading it to others. This is to protect others from the risk of getting infected. The use of facemasks is also crucial for health workers and other people who are taking care of someone infected with COVID-19 in close settings (at home or in a health care facility).



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Home-Made Hand Sanitizers/Disinfectants with Clorox Bleach

How to Properly Make and Use Sanitizers & Disinfectants

SANITIZING FOOD CONTACT SURFACES

A solution of bleach and water should be used to sanitize all food preparation and contact surfaces.

1 tablespoon of bleach per 1 gallon of water will give you a 50-200 ppm sanitizing solution. This can be used to sanitize dishes, utensils, food preparation counters and tables.

* This can be used to sanitize dishes, utensils, food preparation counters and tables

Make sure that you use only UNSCENTED bleach for food contact surfaces and that you are using chemical test strips to check the sanitizer concentration. All spray bottles must be clearly labeled with contents

DISINFECTING CHANGING TABLES, BATHROOMS, TOYS

All changing tables/diapering areas, bathrooms and toys must be disinfected after each use.

The following solution of bleach and water should be used on these surfaces: **1 tablespoon of bleach per 1 quart of water OR ¼ cup of bleach per 1 gallon of water.** This will give you a 500-800 ppm disinfecting solution. ****Remake solution daily.**

Soaking method for toys: Wash and rinse toys to remove any visible dirt. Soak toys in a solution of ¾ cup of bleach per gallon of water for 5 minutes. Rinse toys and allow to fully air dry.

IN CASE OF ACCIDENTS AND ILLNESS

For all surfaces impacted by ill children (vomiting, diarrhea), a stronger solution of bleach and water is required. 1/3 cup bleach per 1 gallon of water OR 2 tablespoons bleach per 1 quart water. This will give you a 1000+ ppm disinfecting solution. After cleaning the area with detergent, spray or wipe with surfaces with the disinfectant. Make sure to allow surfaces to fully air dry.

Sources: NH DHHS, Division of Public Health Services (September 2011). How to Properly Make and Use Sanitizers & Disinfectants. Health Officers Manual



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Are there additional resources available for specific groups (workplace or business)?

Contact: contact@associatedhealthresourcescenter.org
Ph.08034547032

info@ncdc.gov.ng, and by mail: Plot 801, Ebitu Ukiwe Street, Jabi, Abuja, Nigeria
Ph. 0800 970000 10 (Toll-Free Call Centre)

Website: <https://ncdc.gov.ng/diseases/sitreps/?cat=14&name=An%20update%20of%20COVID-19%20outbreak%20in%20Nigeria>

World Health Organizations (WHO)

[https://unfoundation.org/blog/post/how-to-support-the-whos-global-covid-19-response/?](https://unfoundation.org/blog/post/how-to-support-the-whos-global-covid-19-response/)

Centers for Disease Prevention & Control

The CDC provides current information about COVID-19 at [cdc.gov](https://www.cdc.gov).

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

Pregnant Women, those who are breastfeeding, and children

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women.html>

Schools

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html>

Travelers

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html>

Weekly Updates

To receive the weekly email about COVID-19, enter your email address and type "COVID-19" in the search box