



KEMRI



In Search of Better Health



In Search of Better Health

Coronavirus Disease (COVID'19) Training for KEMRI staff

IPC and Decontamination Plan

COVID 19

2019 Coronavirus Disease (COVID'19) for HCWs

MOH EOC CONTACTS

Emergency Helpline / Contacts

- Ministry Of Health – 0800 721 316
- AAR - 0709 701000
- Aga Khan Hospital Corona Virus Helpline - 0709 931700
- MP Shah Hotline - 0 722 204 427, 0733 606 113

COVID-19 Hot Lines in Kenya:

0800721316 (Toll Free)

0729471414

0732353535

11:00



Ghebreyesus

GENERAL

“Our greatest enemy right now is not the virus itself. It’s fear, rumors, and stigma. And our greatest assets are facts, reason, and solidarity.”

Dr. Tedros Adhanom Ghebreyesus
WHO DIRECTOR-GENERAL

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CORONAVIRUS DISEASE (COVID' 19)

- ❑ Official names have been announced for the virus responsible for COVID-19 (previously known as “2019 novel coronavirus”) and the disease it causes.

The official names are as at 11th February 2020:

- ❑ Disease
Coronavirus Disease (COVID-19)
- ❑ Corona Virus
Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV2)
- ❑ A disease that affects the upper respiratory tract (*Nose, Throat, Airways, Lungs*).

CORONAVIRUS DISEASE (COVID' 19)

Why do the virus and the disease have different names?


- ❑ Viruses, and the diseases they cause, often have different names:
 - HIV is the virus that causes AIDS. People often know the name of a disease, such as measles, but not the name of the virus that causes it (rubeola).
- ❑ There are different processes, and purposes, for naming viruses and diseases.

COVID INFECTION PREVENTION AND CONTROL - IPC

REPUBLIC OF KENYA
Ministry of Health

CORONAVIRUS DISEASE - 2019

What is Coronavirus Disease - 2019 (COVID-19)?
COVID-19 is a new strain of Coronavirus that causes respiratory illness. The first case was identified in China.



How is it spread?

- Contact with an infected person with COVID-19 virus through coughing or sneezing
- Contact with contaminated surfaces or articles with the COVID-19 virus

How can I protect myself and others?

- Regularly wash hands with soap and water, or use an alcohol based hand sanitizer
- Avoid close contact with people who have flu-like symptoms
- Cover your nose and mouth with tissue or cough and sneeze into your flexed elbow
- Avoid handshaking hugging and kissing with people who have flu-like symptoms
- Stay home and avoid travelling when you have flu-like symptoms

Signs and symptoms

- Fever
- Cough
- Shortness of breath
- Body ache
- Headache

Protect yourself, family and community from COVID -19

Anyone arriving from a country or area reporting COVID -19 is advised to isolate themselves for 14 days.

IPC

- Healthcare facilities are ideal settings for the transmission of infections.
- Patients have infections they can transmit to other patients and healthcare workers.
- Sick patients are more susceptible to acquiring infections.
- Procedures increase patient risk of infection.

HAI affect patients, healthcare workers, their families, and communities

IPC helps reduce the risk of transmitting infections to the patient and to the environment.

INFECTION PREVENTION AND CONTROL - IPC

• What to DO

1. Regularly wash hands with soap and clean water **Virus 10 min survival*
2. Use alcohol based hand sanitizer for hand hygiene: *when soap and water are not available.*
3. Wash your face regularly with soap and water
4. Stay in well ventilated/aerated space
5. Sun bursting is remedial on the virus
6. Wear only clean ironed clothes
 - **Virus 12 Hr survival span below 26°C*

• DONTs

1. No handshake/greetings
2. Avoid crowds and gatherings: limit attendance to social gatherings
3. Avoid spreading rumours and panic *Social media information; garlic, lemon water etc*
4. Avoid to touch your face with unclean hands: nose and ear picking
5. Avoid unnecessary visits to hospitals..., use hotline numbers for help
- 3) Avoid touch surfaces and objects

INFECTION PREVENTION AND CONTROL - IPC

- What to DO

- 7) Observe respiratory hygiene and cough etiquette **Virus size trapped by mask*
- 8) Proper use and management of Personal Protective Equipment (PPE)
- 9) Waste management and sanitization plan: *Cleaning, disinfection and sterilization*
- 10) Have your temperature checked regularly
- 11) If infected or feeling unwell avoid contact with other persons/family and use patient respiratory etiquette
- 12) If infected or feeling unwell avoid seek medical help though the hotline No.



WHAT YOU CAN DO TO KEEP CORONAVIRUS AWAY



Wash your hands thoroughly with soap and water/use an alcohol based hand sanitizer

Make sure to clean between fingers and under fingernails as well as the back of your hands



Cover your mouth and nose when coughing or sneezing

Make sure to use a handkerchief or tissue to cover your mouth and nose when you cough or sneeze.

Don't cough into your hand. If you don't have a handkerchief cough/sneeze into your flexed elbow



Avoid crowded places

Keep a safe distance of 1 meter (5 feet) between yourself and anyone who is coughing or sneezing

Stay at home if you are feeling unwell with symptoms like fever, cough, and difficulty in breathing.

**Keep safe,
stay alert**

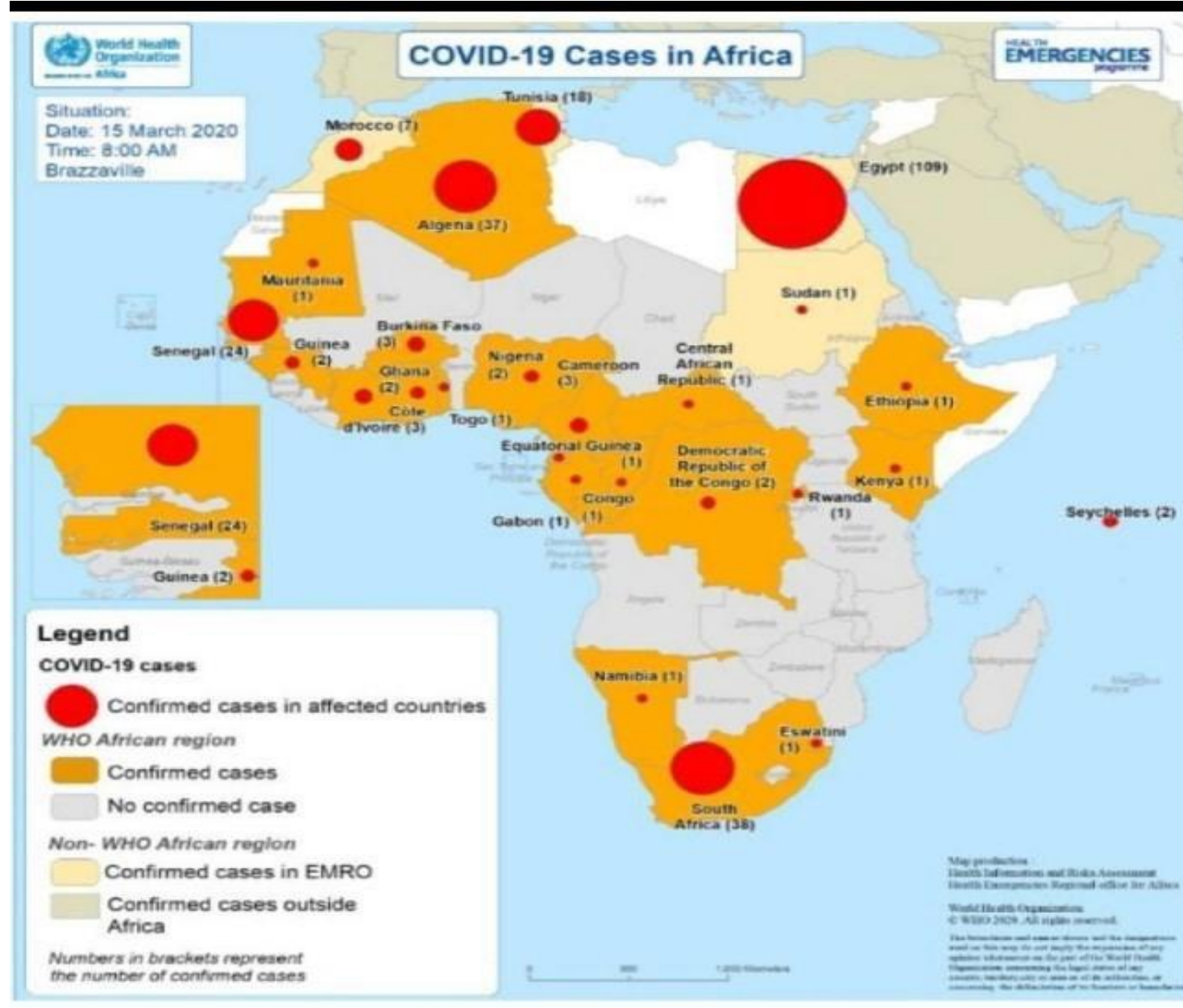
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RESPIRATORY PROTECTION

- Purpose: protect from inhalation of infectious aerosols (e.g., *Mycobacterium tuberculosis*, *Corona Virus*, *Influenza*)
- PPE types for respiratory protection:
 - N95 masks or particulate respirators
 - Half- or full-face elastomeric respirators
 - Powered air purifying respirators (PAPR)





COVID 19

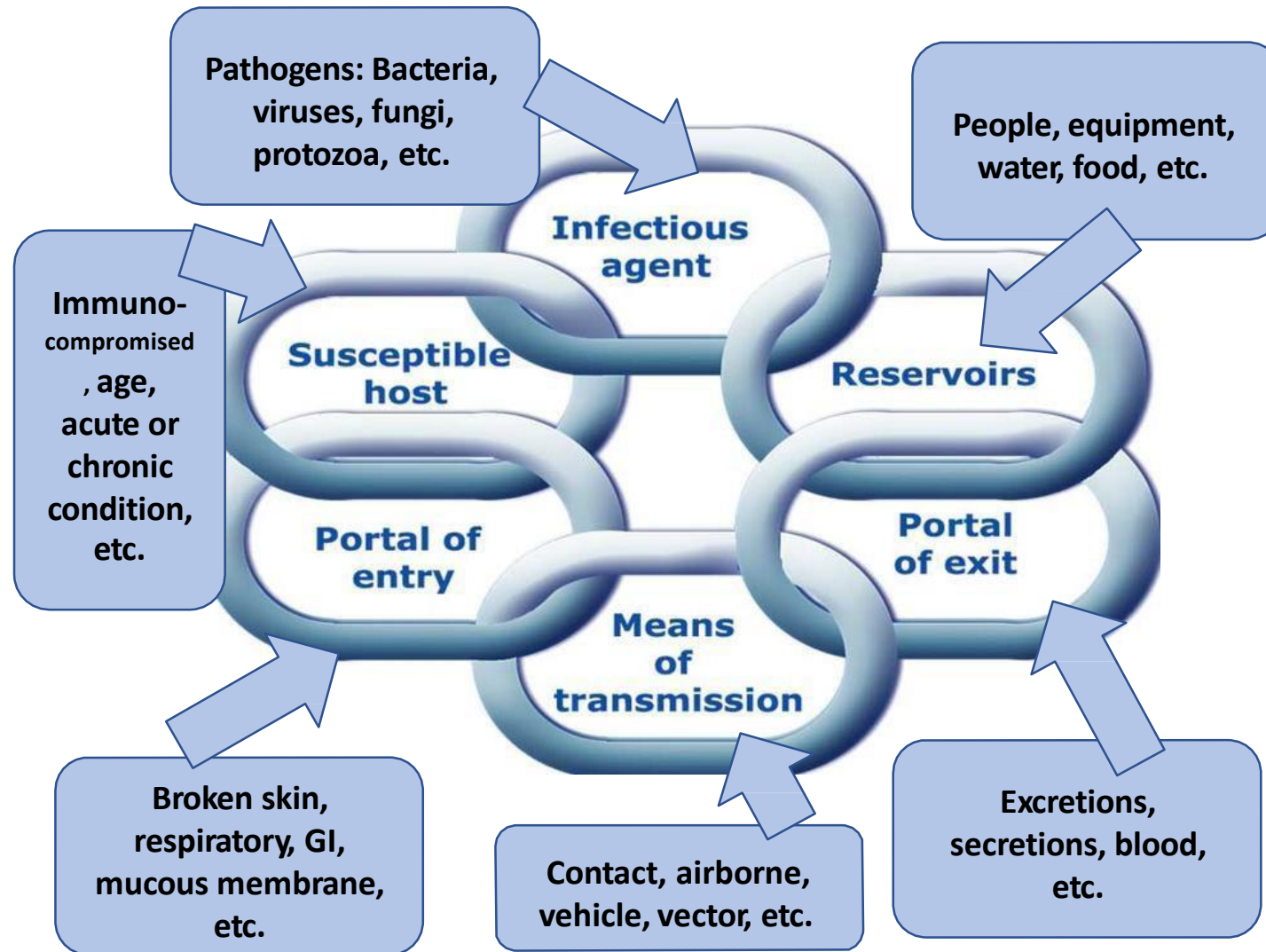
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How is SARS-CoV2 spread ?

Coronavirus has “high infectivity but low mortality rate”
The Virus spreads easily and continually:

- An infected person (#Not Sick) can spread the infection to a healthy person
 - Through eye, nose, and mouth, via droplets produced on coughing or sneezing.
 - Close contact with infected person.
 - Contact with contaminated surfaces, objects, or items of personal use.

Chain of Infection



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Hierarchy of Safety and Health Controls

Elimination

Prevent the hazard

Engineering controls

Physically change the workplace

Administrative controls

Change work practice

Personal Protective Equipment

Provide a personal barrier between
worker and hazard

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COMPONENTS OF STANDARD PRECAUTIONS

- Hand hygiene
- Proper use of Personal Protective Equipment (PPE)
- Management of healthcare waste & safe handling of sharps
- Cleaning, disinfection and sterilization
 - ✓ Reprocessing of medical devices
 - ✓ Environmental cleaning
 - ✓ Linen and laundry management
- Respiratory hygiene and cough etiquette

Hand Hygiene (HH)

When, Where and How

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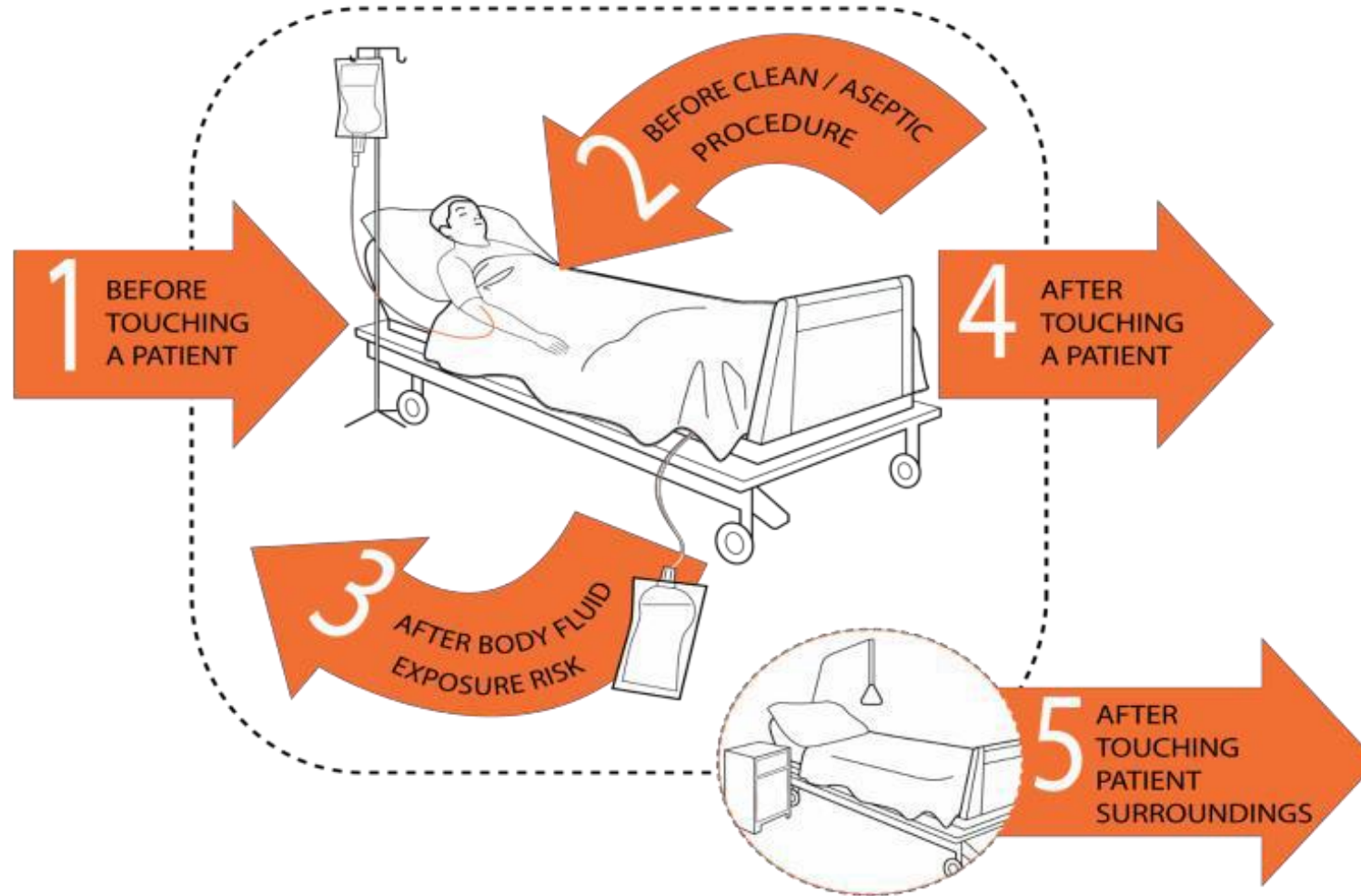
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Your 5-Moments For Hand Hygiene



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Other Moments for Hand Hygiene

- On arrival at workplace

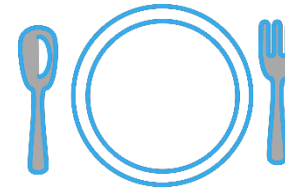
- Before & after nursing a patient e.g. bathing, bed making

- After visiting the toilet



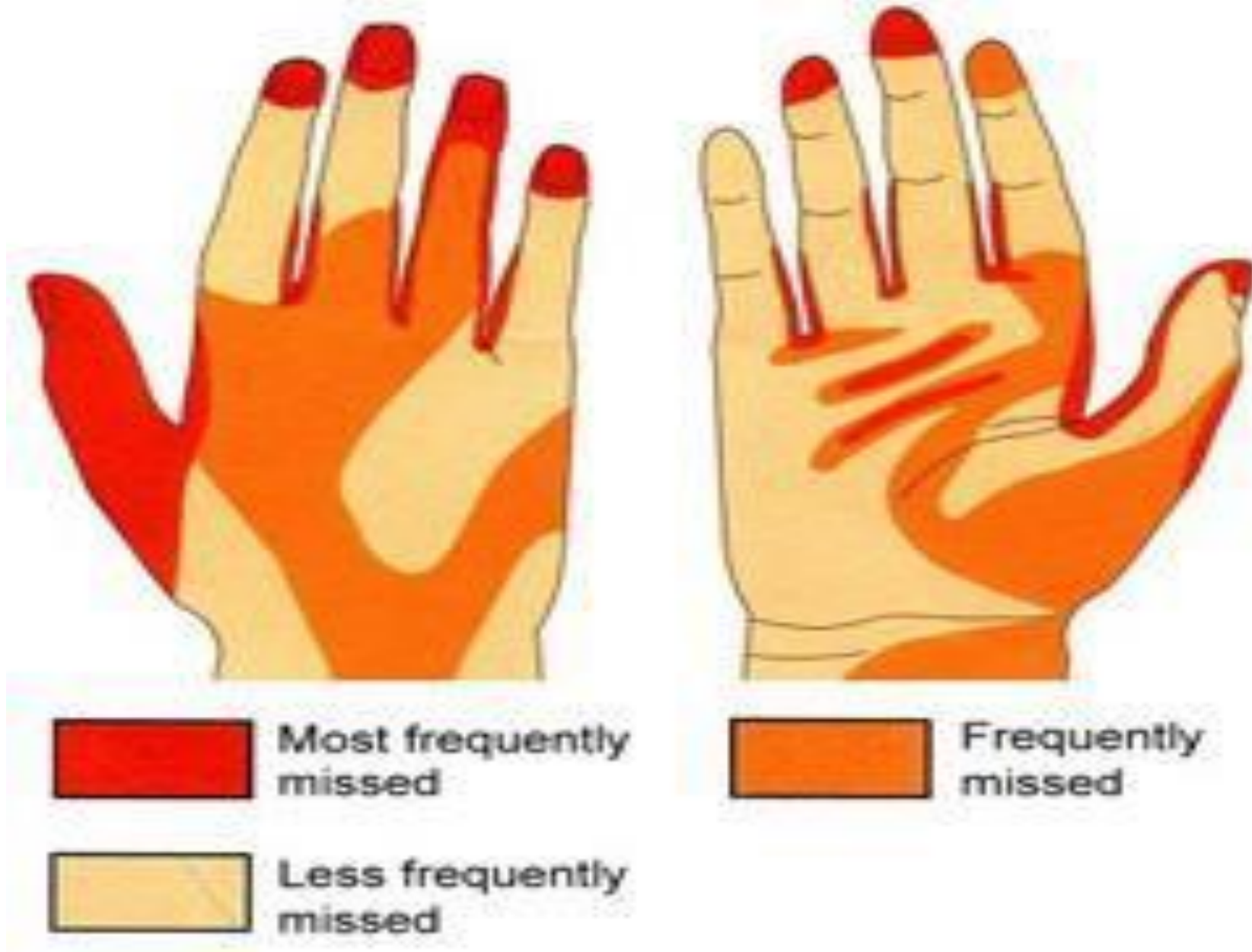
- After PSV use

- Before & after handling food, eating or feeding patients



- Before & after gloving





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How to Use Hand rub

To effectively reduce the growth of germs on hands, **handrubbing** must be performed by following **all** steps illustrated on the left. This takes only **20-30 seconds!**



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PROPER HAND WASHING/RUBBING TECHNIQUE



STEP 1
Rub palms together.



STEP 2
Rub the back of both hands.



STEP 3
Interlace fingers and rub hands together.



STEP 4
Interlock fingers and rub the back of fingers of both hands



STEP 5
Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.



STEP 6
Rub fingertips on palm for both hands.



STEP 7
Rub both wrists in a rotating manner. Rinse and dry thoroughly.

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Chemical Decontamination



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