

Training Module 6

Public Health Concern: Coronavirus (COVID-19)

- Current outbreak: Coronavirus

OBJECTIVE

- To have awareness about the current outbreak of Coronavirus (COVID-19)
- To know the global status on the outbreak
- To learn daily hygiene practices to keep ourselves protected

Training Module 1 Contents

6.1. What is Coronavirus?

6.2. What is the current global status?

6.3. Illustration to understand how Coronavirus spreads

Facilitators can choose to curate and select site-relevant sections and make a new PPT from resources shared in all Modules.

Purple font sections are requested to be facilitated across all sites.

Have you recently heard of the phrase “Coronavirus” on the news and in conversations?

- Trainees share what they may have seen or heard recently on the news or in conversations about the virus
- There may be wrong information or myths about the virus circulating, so it is important that we know the facts about the virus:

(please see WHO link for “myth-busters”)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

As of March 11, 2020, Coronavirus has been declared a “**pandemic**” by the World Health Organization (WHO). What does this mean?

- **Epidemic** refers to a sudden increase in the number of cases of a disease above what is normally expected
- **Pandemic** refers to an epidemic that has spread over several countries or continents, usually affecting a large number of people.

Source:

- <https://www.merriam-webster.com/words-at-play/spanish-flu>
- https://www.who.int/environmental_health_emergencies/disease_outbreaks/en/

T6.1. What is Coronavirus?

Consult World Health Organization, Centers for Disease Control and Prevention as well as your countries' Ministry of Health and health organizations for information

<https://www.who.int/health-topics/coronavirus>

What is Coronavirus?

- Large family of viruses that cause illness ranging from the common cold to more severe diseases such as [Middle East Respiratory Syndrome \(MERS-CoV\)](#) and [Severe Acute Respiratory Syndrome \(SARS-CoV\)](#).
- Current [novel coronavirus \(nCoV\)](#) is a new strain that has not been previously identified in humans (currently there is no vaccine)
- Coronaviruses are "**zoonotic**" = transmitted between animals and people
 - **SARS-CoV** was transmitted from civet cats to humans
 - **MERS-CoV** from dromedary camels to humans.
 - Several known coronaviruses are circulating in animals that have not yet infected humans

Source: <https://www.who.int/health-topics/coronavirus>

What are the symptoms of Coronavirus?

- Common signs of infection include:
 - respiratory symptoms
 - fever, cough
 - shortness of breath
 - breathing difficulties
- In more severe cases, infection can cause
 - Pneumonia
 - severe acute respiratory syndrome
 - kidney failure,
 - and even death

What do I need to do?

- Standard recommendations to prevent infection spread include:
 - regular hand washing
 - covering mouth and nose when coughing and sneezing
 - thoroughly cooking meat and eggs
 - Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing
 - Refrain from touching your face, nose, and lips
 - Avoid gathering in groups

World Health Organization advice for avoiding spread of coronavirus disease (COVID-19)

Hygiene advice

- Clean hands frequently with soap and water, or alcohol-based hand rub.
- Wash hands after coughing or sneezing; when caring for the sick; before; during and after food preparation; before eating; after using the toilet; when hands are visibly dirty; and after handling animals or waste.
- Maintain at least 1 meter (3 feet) distance from anyone who is coughing or sneezing.
- Avoid touching your hands, nose and mouth. Do not spit in public.
- Cover your mouth and nose with a tissue or bent elbow when coughing or sneezing. Discard the tissue immediately and clean your hands.

Source: <https://www.newsweek.com/young-unafraid-coronavirus-pandemic-good-you-now-stop-killing-people-opinion-1491797>

World Health Organization advice for avoiding spread of coronavirus disease (COVID-19)

Medical advice

- If you feel unwell (fever, cough, difficulty breathing) seek medical care early and call local health authorities in advance.
- Stay up to date on COVID-19 developments issued by health authorities and follow their guidance.

Source: <https://www.newsweek.com/young-unafraid-coronavirus-pandemic-good-you-now-stop-killing-people-opinion-1491797>

World Health Organization advice for avoiding spread of coronavirus disease (COVID-19)

Mask usage

- Healthy individuals only need to wear a mask if taking care of a sick person.
- Wear a mask if you are coughing or sneezing.
- Masks are effective when used in combination with frequent hand cleaning.
- Do not touch the mask while wearing it. Clean hands if you touch the mask.
- Learn how to properly put on, remove and dispose of masks. Clean hands after disposing of mask.
- Do not reuse single-use masks.

Source: <https://www.newsweek.com/young-unafraid-coronavirus-pandemic-good-you-now-stop-killing-people-opinion-1491797>

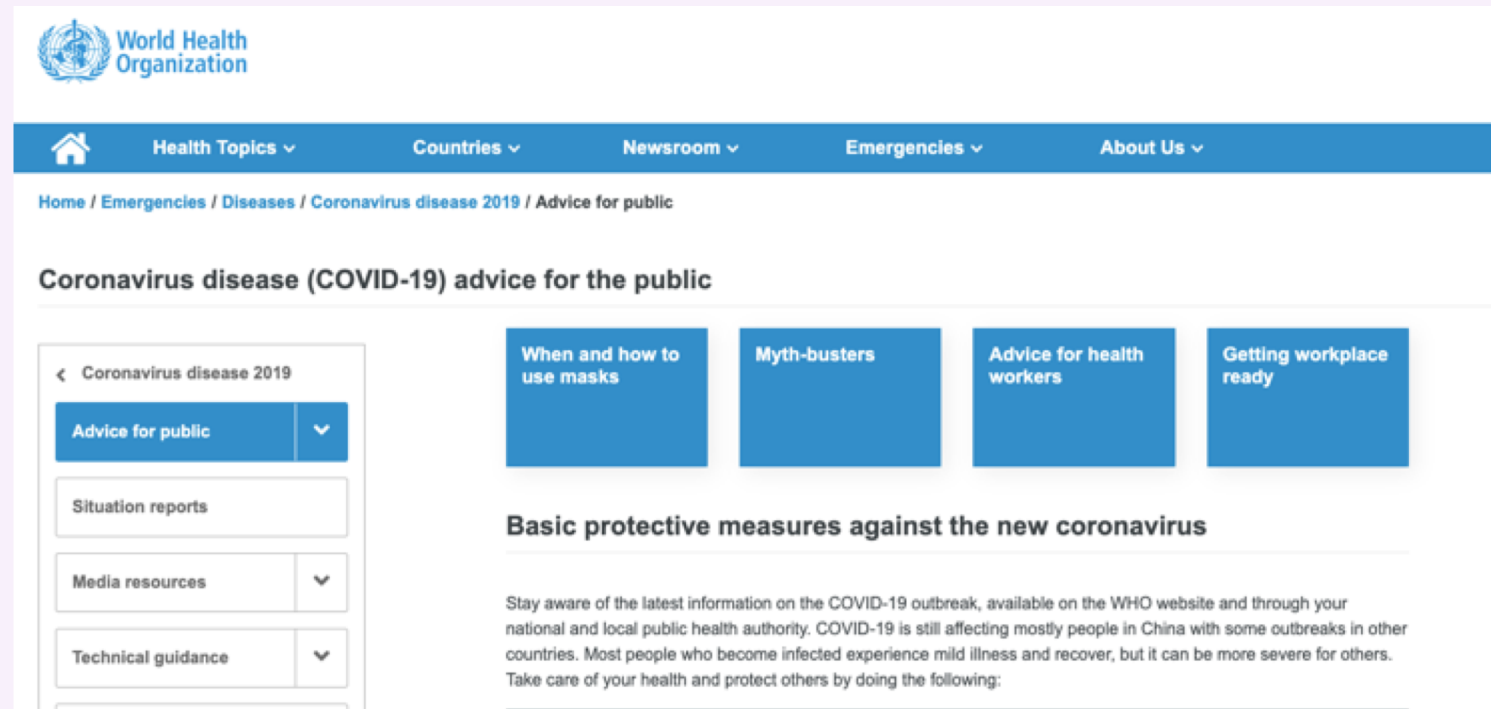
Social Distancing

- Social distancing is a term applied to certain actions that are taken by Public Health officials to stop or slow down the spread of a highly contagious disease.
- Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases.
- Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

http://www.cidrap.umn.edu/sites/default/files/public/php/185/185_factsheet_social_distancing.pdf

Please browse through the site <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> and read.

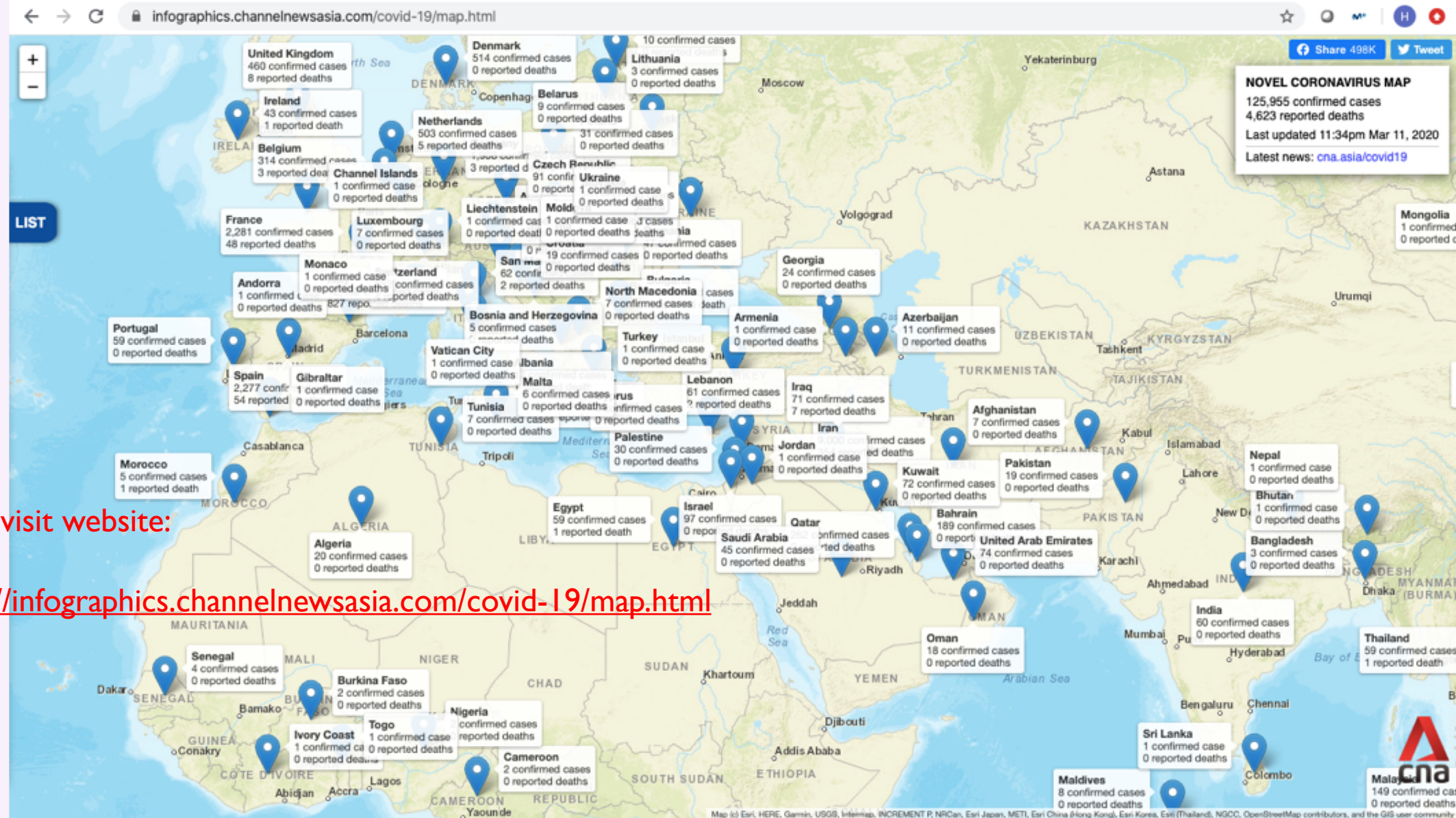
Even if it is just 1 sentence, we can all read and share what each of us read and understood.



T6.2. What is the current global status of Coronavirus COVID-19?

<https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>





Please visit website:
<https://infographics.channelnewsasia.com/covid-19/map.html>

What are the statistics in your country / region?

Share among trainee group various data we know so far on the Coronavirus spread and impact on global population

T6.3. Illustration to understand how Coronavirus COVID-19 spreads

<https://theprint.in/features/in-10-images-a-guide-on-how-coronavirus-spreads/374983/>

- Visit the site and also follow along on the screen (see next slides)

THERE'S ONLY ONE THING
YOU NEED TO UNDERSTAND
ABOUT HOW A CORONAVIRUS
SPREADS



THE VIRUS SPREADS WHEN
these droplets



weimankow

SO IF YOU SEE SOMEONE WHO IS
VISIBLY COUGHING/SNEEZING/SICK,
YOU CAN CHOOSE TO:



- ① KEEP YOUR DISTANCE.
2m to 0.5m will keep you safe
from large droplets.

OR,



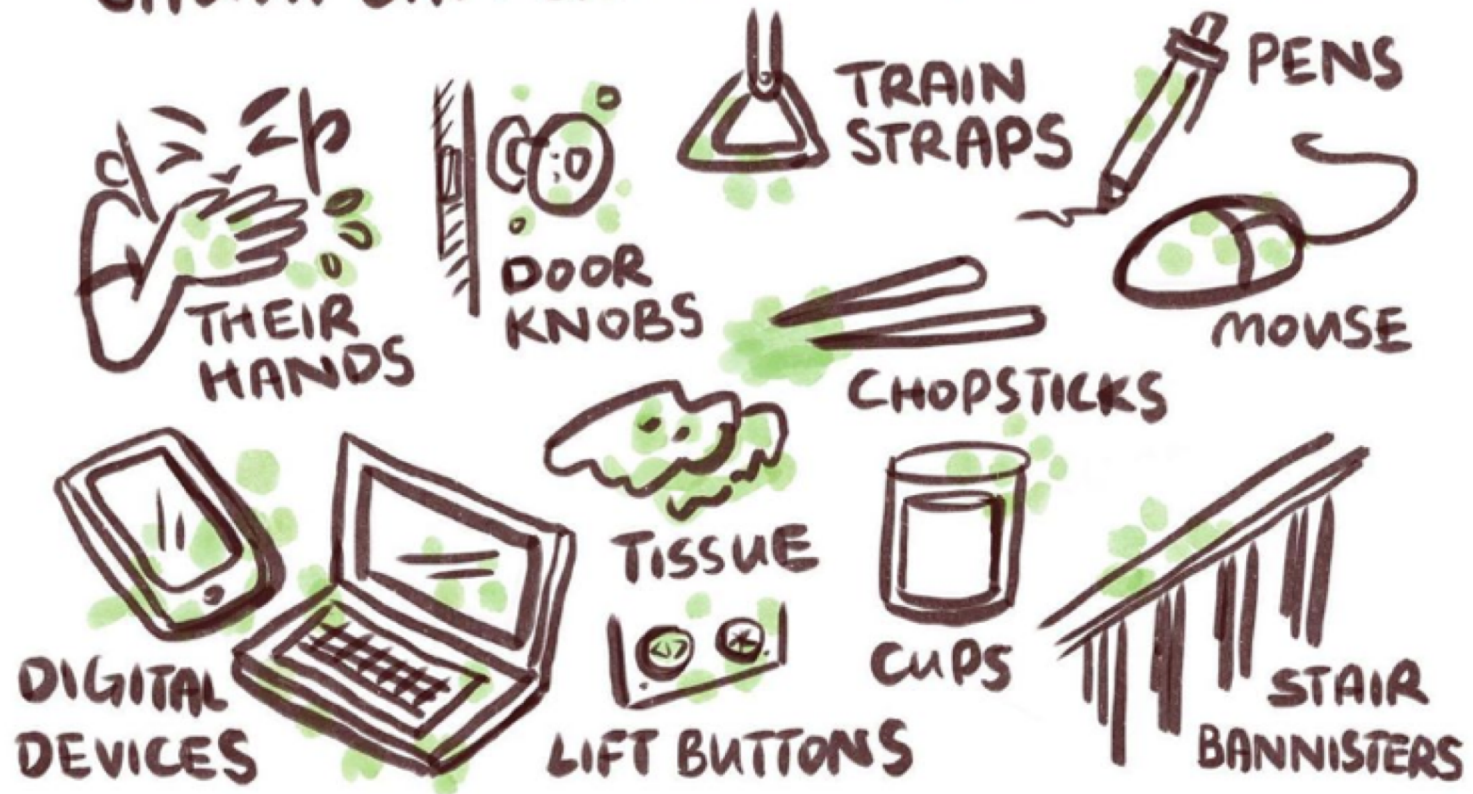
② GIVE THEM A MASK.
THEY CAN COUGH / SNEEZE INTO IT
AND PROTECT EVERYONE ELSE NEARBY

Note* Wearing a mask does NOT mean you have coronavirus. Some people choose to wear the mask as preventive measure.

AND IN GENERAL, IT'S A GOOD
IDEA TO AVOID CROWDS, BECAUSE
YOU DON'T KNOW WHO MIGHT BE
SICK.



HOWEVER, SOMETIMES A SICK PERSON'S SALIVA CAN GET ON OTHER THINGS...

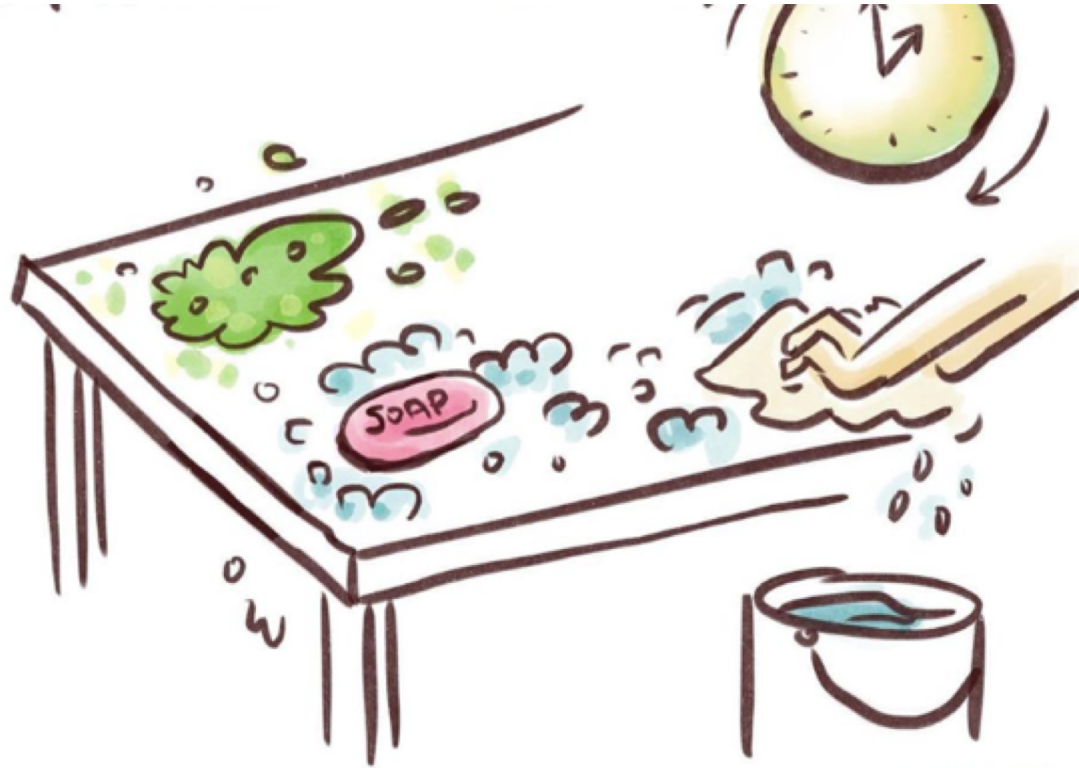


@weimankow

AND IF YOU TOUCH ANY OF
THESE THINGS BY ACCIDENT,
AND THEN TOUCH YOUR FACE,



Some viruses (unlike bacteria) can survive on a dry surface, but some viruses, like Coronavirus, can survive for a very long time, much longer than 24 hours!



AND THE ONLY EFFECTIVE WAY TO GET RID OF THEM IS TO WASH THEM OFF WITH SOAP.

@weimankow

It is imperative that one disinfects potentially contaminated surfaces, rather than just waiting a day or two for the viral natural demise.

Visit this article

<https://www.sciencealert.com/study-shows-just-how-long-coronaviruses-can-stick-around-on-a-surface>
on how Coronavirus can live on dry surface for weeks

sciencealert Trending



(d76 masahiro ikeda/DigitalVision/Getty Images)

HEALTH

New Study Indicates How Long Coronaviruses Can Survive on a Surface

CARLY CASSELLA 13 FEBRUARY 2020

If the new coronavirus 2019-nCoV (now also [called COVID-19](#) virus) is anything like its family members, a new study suggests it could survive on inanimate objects for well over a week.

T6.4. More articles and information

More Information & Beyond facts, some opinion articles on how we should handle Coronavirus

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- <https://www.cdc.gov/>
- <https://www.theatlantic.com/ideas/archive/2020/03/coronavirus-cancel-everything/607675/>
- <https://www.newsweek.com/young-unafraid-coronavirus-pandemic-good-you-now-stop-killing-people-opinion-1491797>

"Facts, not fear"

"Let's meet this challenge together in the best spirit of compassion for others, patience, and above all, an unfailing effort to seek truth, facts and knowledge as opposed to conjecture, speculation and catastrophizing."

"Facts not fear. Clean hands. Open hearts. Our children will thank us for it."

<https://7news.com.au/lifestyle/health-wellbeing/canadian-doctor-reveals-biggest-fear-about-coronavirus-isnt-the-virus-itself-c-735724>

Contact



For questions, concerns, suggestions on curriculum,
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