

# Coronavirus Disease 2019 (COVID-19)

What you need to know

TOOLBOX TALK

Version 7.0

Disclaimer: This presentation has been developed for educational purposes only. It is not a substitute for professional medical advice. Should you have questions or concerns about any topic described here, please consult your medical professional.

# Video Podcast: COVID-19



Video is available to download from the MSRC SharePoint

**WORLDWIDE REACH. HUMAN TOUCH.**

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# Outbreak of pneumonia started in Wuhan, China

## Background

### Late December

- First cases reported
- Most initial cases were associated with South China Seafood Market
- Some human to human transmission

### January and later

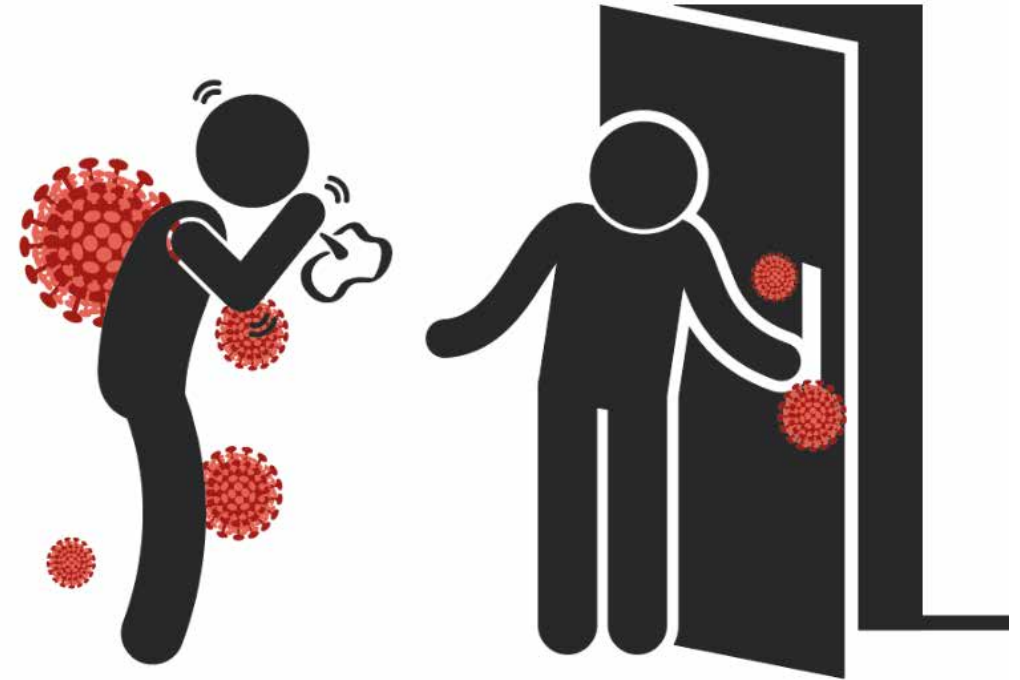
- Identified as novel (new) coronavirus, was termed 2019-novel coronavirus (2019-nCoV)
- Virus renamed as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)
- Disease renamed as Coronavirus Disease 2019 (COVID-19)
- The World Health Organization declared the situation a pandemic on 11 March 2020 which signified
  - Widespread human-to-human transmission
  - Large number of affected countries



# How is COVID-19 spread?

Investigations are ongoing.

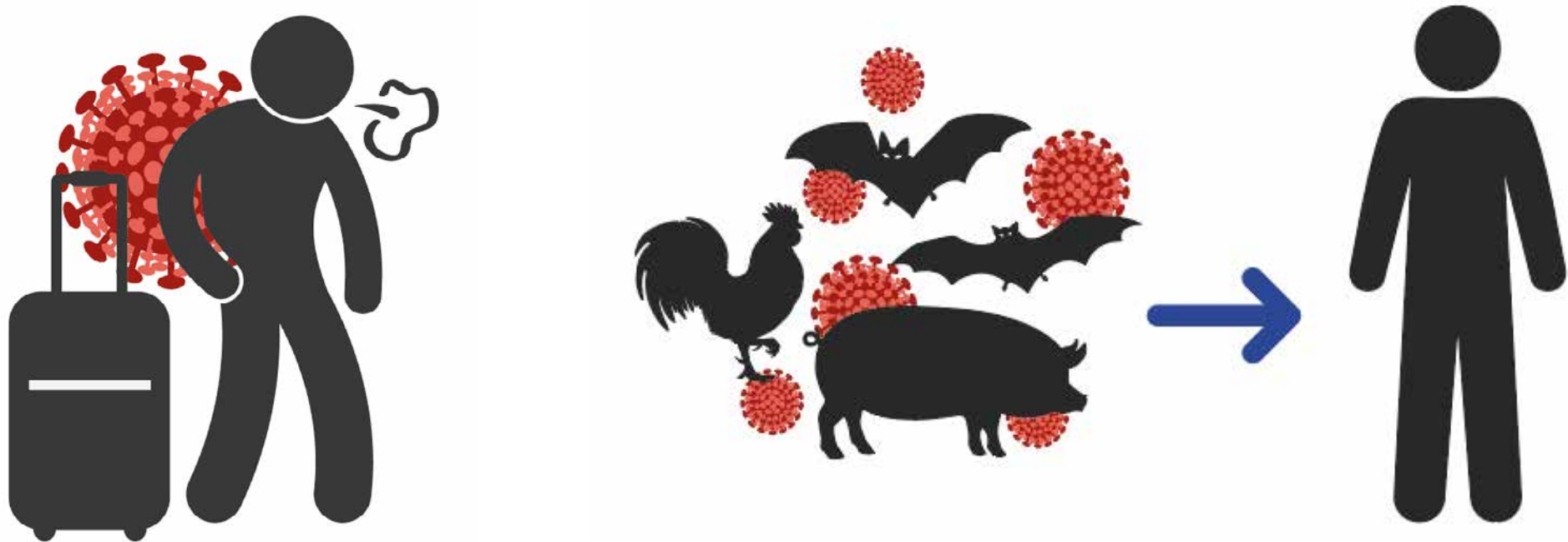
- Most people get COVID-19 when they come in close contact with other people.
- It probably spreads the same way as colds and flu – through droplets which are created when we talk, cough and sneeze.
- People can get infected when these droplets enter the nose, eyes or mouth directly or when they are inhaled.
- Touching contaminated objects puts the droplets onto your hands. If you touch your face the droplets can enter your nose / eyes / mouth.
- Some people have been infected following contact with an infected person with minimal or no symptoms.



**Cover your coughs and sneezes.**

# Other modes of spread

- Travellers brought the virus into other countries. Some people who were in contact with these travellers also got infected.
- Like other coronaviruses, originally the virus probably spread from a “reservoir” in animals in the Wuhan live animal market, to people.



# Symptoms of COVID-19

Symptoms start like many other illnesses.

Common symptoms are:

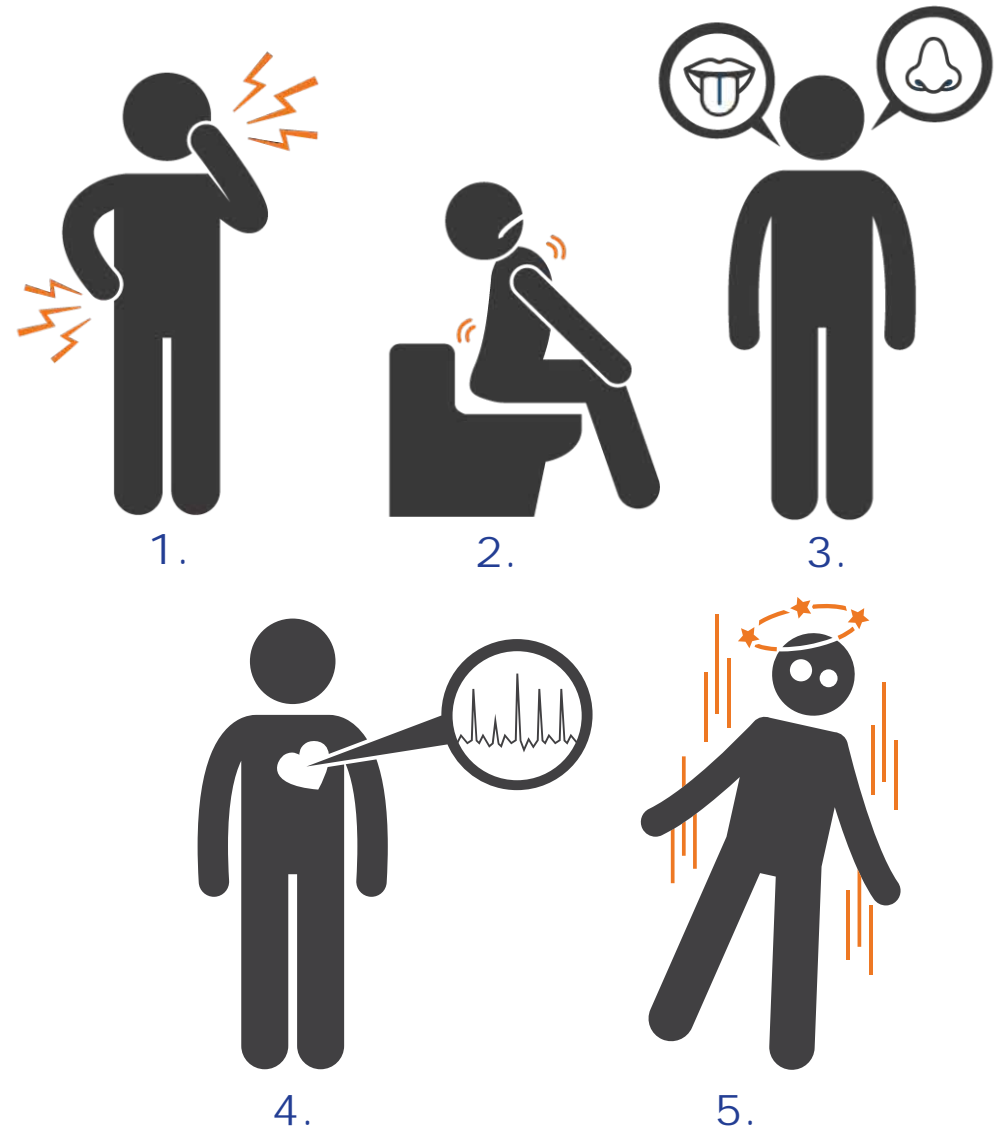
1. Fever
2. Chills including rigors (chills with shaking)
3. Fatigue
4. Cough
5. Sore throat
6. Shortness of breath and breathing difficulty



# Symptoms of COVID-19

Less common symptoms:

1. Headache / muscle aches
2. Diarrhoea
3. Sudden loss of sense of smell and taste
4. Abnormal heart rhythm and heart failure
5. Stroke



# Symptoms of COVID-19

- Symptoms may appear as early as one day after exposure but may take as long as 14 days.  
**Monitor your health.**
- Most cases are mild. Some patients may not show any symptoms. Severe disease can occur in older people and those with underlying conditions like diabetes and high blood pressure.
- The World Health Organization (WHO) advises the public to seek immediate medical attention if they develop breathing difficulty or pain/pressure in the chest.
- Many patients recover fully in about 2 weeks. In others, some symptoms like breathlessness and fatigue may continue for weeks.

**If you have any symptoms even if only mild, stay home and avoid contact with others. Seek medical advice following local guidelines.**



# How is it diagnosed and treated?

- As symptoms resemble other illnesses, tests are needed to confirm diagnosis – blood test and swabs from back of the nose, back of the throat.
- Tests are done only in specialised labs. Results may get delayed.
- There is no specific treatment.
- Patients receive supportive care to relieve symptoms and prevent complications.
- Severe cases require hospitalisation.

**There is no specific antiviral therapy.**



# Prevention

## Maintain good hygiene

- Wash your hands frequently with soap and water.
- Use alcohol-based hand sanitiser when soap and water are not readily available.
- Cover your coughs and sneezes. Use a tissue or your upper sleeve. Immediately throw the tissue in a bin and wash your hands.
- Wear a mask/face covering/ fabric mask in public places, especially when it is difficult to maintain 1-2 metres (3-6 feet) distance from others. Follow local guidelines.



# Prevention

## Maintain good hygiene

- Avoid touching shared objects (light switches, handrails, door handles etc) as much as possible. If you must touch such objects, wash your hands or use sanitiser promptly afterwards. Ensure you do not touch your face.
- Clean and disinfect frequently touched surfaces each day, more often if you think they've been contaminated. Use normal cleaning supplies.
- Do not share food, drinks and personal items including mobile phones.

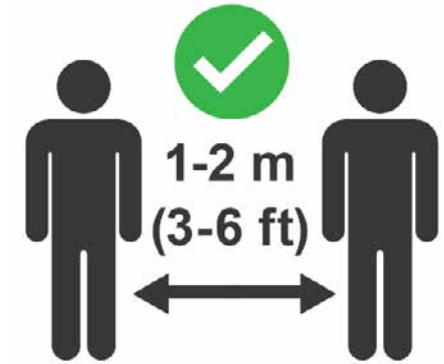


**If you have any symptoms even if only mild, stay home and avoid contact with others. Seek medical advice following local guidelines.**

# Prevention

## Avoid potential exposure

- Maintain social /physical distance - keep 1-2 metres (3-6 feet) away from others, even if they appear well.
- Avoid activities which expose you to large groups of people.
- Maintain social distance when greeting visitors. Avoid shaking hands, kissing or hugging.
- Work from home, where possible.
- Avoid non-essential travel.
- Keep away from people who are sick – don't let them cough or sneeze on you.
- Avoid visiting hospitals and other medical facilities unless you need medical care.



# More on use of masks

- Follow local guidelines.
- Wear a mask:
  - When in face-to-face contact with others.
  - When social distancing cannot be achieved.
  - If you are in the high-risk groups.
  - When coughing or sneezing.
  - When caring for a sick person.
  - Within a healthcare facility or other public spaces.
- Masks should be used along with other hygiene measures.
- Follow the manufacturer's advice for using the mask.

**Mask reduces the spread of virus to others.**



# Are you ready for COVID-19?

## Prepare yourself and your family:

- Monitor the situation. Know your local health helpline numbers and be aware of the local procedures.
- Ensure you have access to essentials such as food, water, household supplies and medicines.
- Speak to your doctor about any chronic medical conditions you may have and get them under optimal control.
- Keep in best possible health. Get the recommended amount of sleep each day, eat a healthy diet, and keep up regular physical activity.
- Consider how you will manage if authorities impose restrictions for a couple of weeks.
- Plan to be able to look after a sick household member.
- Get the flu shot – this will reduce the risk of seasonal flu and possible confusion with COVID-19 symptoms.



# What to do if you get sick

- Stay home. Do not go to work. Monitor your condition.
- Minimise contact with other people until you have recovered.
- Cover your coughs and sneezes – use a tissue or a mask if available – and wash your hands with soap and water.
- Seek medical attention if your symptoms worsen. Let the doctor know if you have travelled recently, and if you were in contact with someone who is sick.
- Wear a mask in case you need to visit a doctor. Use private transport as much as possible.



# Screening and contact tracing

- “Screening” may be done at entry points to detect sick people. You may be asked where you have been, and your temperature may be taken.
- Health authorities may perform “contact tracing” – identifying people who have been in contact with someone with COVID-19.
- These ‘contacts’ may be asked:
  - To stay at home for 14 days so they don’t infect other people.
  - To monitor their health for 14 days in case they develop symptoms.
- Follow the advice of health authorities.



# Coping with stress during the COVID-19 outbreak

**COVID-19 can be stressful, the effects can be both physical and emotional.**

Things you can do to reduce stress:

- Take breaks from listening to, watching or reading about COVID-19 frequently, including social media.
- Focus on the facts of COVID-19 and understand the risk to yourself and those you care about.
- Separate facts from rumours. Gather information from reliable sources.
- If stress continues to hamper your daily activities, talk to a doctor, or someone you can trust.



**Keep yourself in the best possible health.  
Sleep well, eat healthy and be physically active.**

# Any questions

I will be available for the next 30 minutes if you have any questions you would like to ask.  
Thank you.

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