



COVID-19



PREVENTION MANUAL

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Part 1
Transmission and
Epidemic Characters
to COVID-19



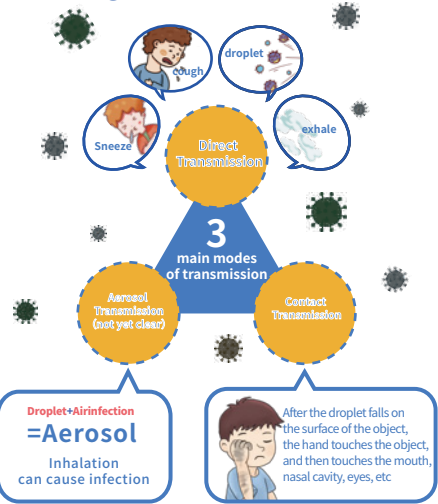


⊕ How long is the incubation period to COVID-19?

Not clear



⊕ How does COVID-19 spread among people?



An infected person may also be infectious during the incubation period

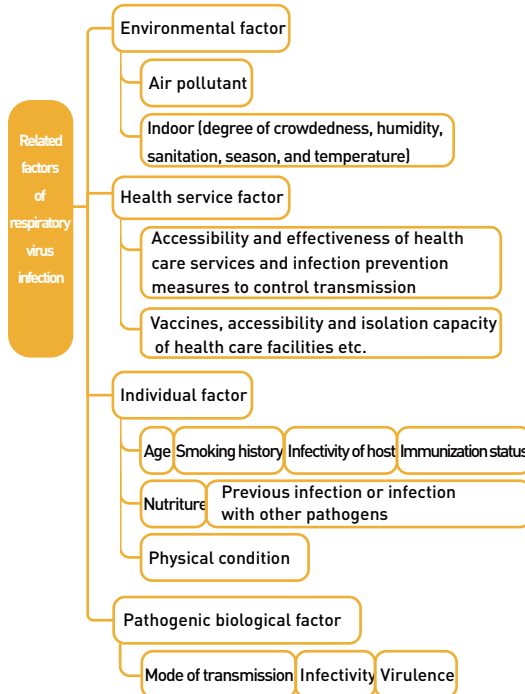
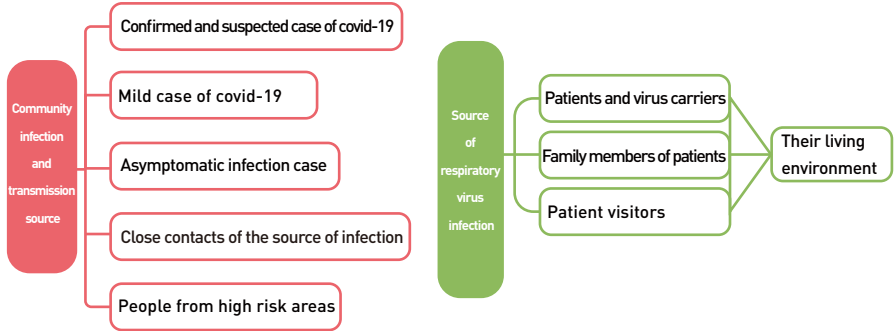


Close contacts should be quarantined at home for at least 14 days





✦ What are the risk factors for COVID-19's transmission in the community?





Who is susceptible to COVID-19?



Everyone is susceptible, depending on the contact opportunity.

The aged



Pregnant women



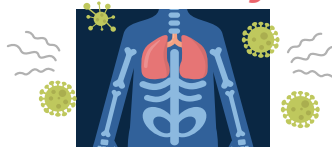
Person with liver and kidney dysfunction

assume greater risk of infection, relatively rapid progress, and higher severity.



Will you have pneumonia if you are affected with COVID-19?

Not always



According to the information obtained in the previous period, all cases of COVID-19 showed different levels of pneumonia. But as the understanding of the disease deepens,

We have found patients with no features of pneumonia.



Part 2

**Clinical Feature and
Response to COVID-19 Cases**





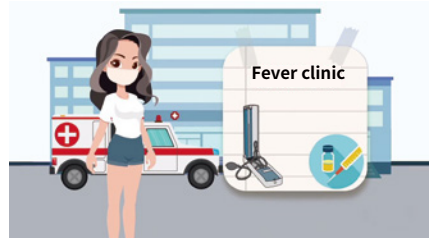
* What are the clinical features of COVID-19?



Some cases have mild initial symptoms and may not have fever. Most patients have a good condition after the cure, while a few are in critical condition or even die.

* How does the person that has fever and cough get to the hospital?

Call the local centers for disease control and prevention and wear a mask when receiving treat.

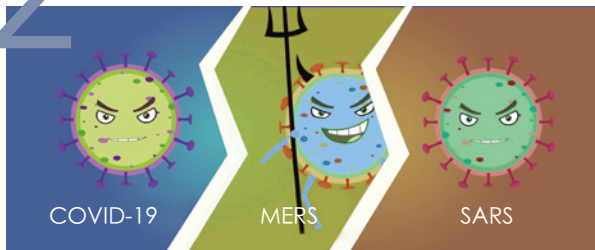


* What diseases does COVID-19 need to differentiate with?

1 Bacterial Pneumonia

Common symptoms are cough, expectoration, worsened original respiratory symptom, purulent phlegm or blood phlegm and chest pain (may not).

2 MERS, SARS



Although the novel coronavirus and SARS and MERS coronavirus belong to the same category of coronavirus, their viral gene sequences are quite different.



* What kind of people are prone to become severe cases after being infected with novel coronavirus?



Elderly people with poor immune function, children, pregnant and lying-in women, or people with respiratory diseases as well as liver and kidney dysfunction.

* What is the prognosis of COVID-19?

From the current cases, most patients have good prognosis. Children's symptoms are relatively mild, and a few cases are critically. Deaths are more common in the elderly and those with chronic underlying diseases.

* Can COVID-19 be cured?

Targeted vaccines are still being researched, but many symptoms can be treated symptomatically, which can effectively reduce the cases of mild patients. From the current treatment situation, most patients can be cured.



* What should you do if you are notified by the Center For Disease Control And Prevention that you are a close contact ?



Take the initiative to cooperate in the isolation of medical observation. Do not be panic, and regularly receive the follow-up visits from the staff. If there are abnormal clinical manifestations such as fever / cough, report to the staff immediately.

* What is the difference between COVID-19 and flu?

Comparison of symptoms of flu and COVID-19

	Flu	COVID-19
潜伏期	* The patients will recover after a fever of 2 to 3 days and febrifuge has good effect.	* High fever, lasting more than 3 days
发病期	The cough comes later.	Cough symptoms appear earlier and are more severe, mainly dry cough, which can be accompanied by sputum sound and wheezing. Sleep is often affected.
病情进展	Most of the patients do not have breathing difficulties or shortness of breath.	As the disease progresses, the patient's breathing speeds up, even with difficulty breathing.
预后	The patient's mental state, appetite and sleep are generally normal.	Patient's mental state and appetite are both affected.

In some cases, severe pneumonia with slight clinical manifestations need to be vigilant. Early CT examination can help evaluate the condition as soon as possible.



Part 3

Prevention and Control Measures





⊕ How to prevent COVID-19 ?



Avoid gathering and wear a mask when you go out.



Frequently wash your hands with soap or sanitizer.



Have a moderate exercise and regular schedule.



Keep a clean environment and indoor ventilation.



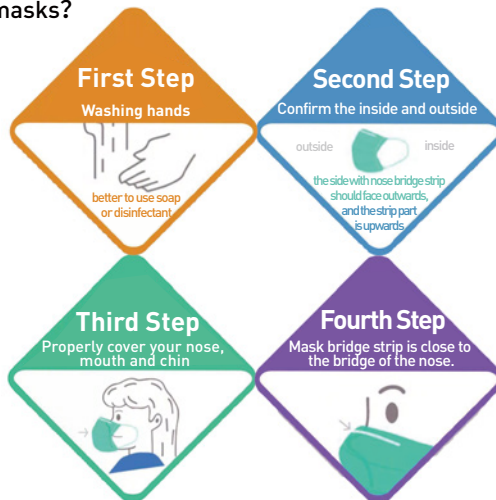
Keep a balanced diet to enhance immunity.



Seek medical advice early if symptoms of respiratory infection develop.

⊕ Matters Related to Protective Articles

(1) How to wear masks?

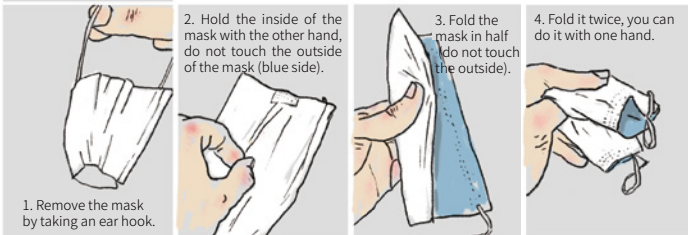


Note:

- ⊕ The masks shall not be used repeatedly, and it is recommended to change a new mask every 2-4 hours;
- ⊕ Non-disposable mask could be reused when it becomes dry after being washed and disinfected.



(2) How to remove masks



(3) Is it necessary to wear goggles?



Use goggles when you are in a hospital room or caring a sick family member; for daily prevention, you can just wear a mask.

* How do you respond to the situation that family members have developed symptoms of COVID-19?

Suspicious symptoms:

fever, cough, pharynx pain, chest tightness, dyspnea, weak, nausea

vomiting, spitting blood, conjunctivitis, muscle pain, etc.

Please contact the local hospital or the centers for disease control and prevention.

keep a distance over 1.5 meters

people with suspicious symptoms

Others should have self-quarantine at home for 14 days

deny visitings



Part 4
Prevention and Control
Requirements
for Special Groups and Sites





How do the elderly people prevent the disease?



Avoid sharing personal belongings



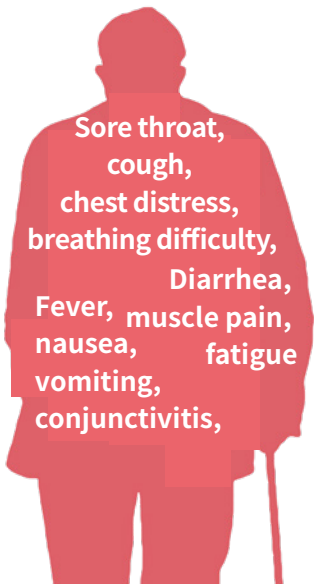
Have regular ventilation



Implement disinfection measures



Frequent hand-washing



When the elderly have the above symptoms, the following measures should be taken.



<p>① Self-quarantine</p>	<p>② Health status assessment</p>
<p>Avoid close contact with other person.</p>	<p>Assess health status by medical staff.</p>
<p>③ Have medical treatment according to the condition</p>	<p>④ Avoid using public transportation</p>
<p>A surgical mask should be worn on the way to hospital.</p>	<p>Avoid using public transportation on the way to hospital.</p>
<p>⑤ Register immediately for those have contact with people who have suspicious symptoms</p>	<p>⑥ Reduce unnecessary group activities</p>
<p>People who have had close contact with people with suspected symptoms and without effective protection should be immediately registered and placed under medical observation.</p>	<p>Reduce unnecessary group activities such as parties and dinners, and do not arrange group meals.</p>
<p>⑦ Quarantine observation should be placed for close contacts</p>	<p>⑧ Have terminal disinfection for the residence</p>
<p>If an elderly person with suspicious symptoms is diagnosed as COVID-19 case, close contacts should be placed under medical observation for 14 days.</p>	<p>After the patient leaves, the residence should have terminal disinfection in time. The method of disinfection is conducted by local CDC professionals or a qualified third party. The residence is not recommended for living without sterilization.</p>



* How do children have prevention?

 <p>No gathering and meeting</p>	 <p>Keep regular hours, eat healthy food, wash your hands carefully and do more exercise</p>
 <p>Remind your family members to wear masks</p>	 <p>Cover your nose and mouth with a tissue or elbow when sneezing or coughing</p>
 <p>Cooperate with parents to see a doctor in time if you have fever or disease</p>	

* How to do prevention and protection in kindergarten or school?

 <p>People with a history of residence or travel to areas with high confirmed rates need to stay at home for 14 days.</p>	 <p>Take your temperature everyday and avoid unnecessary outings and contact with others.</p>
 <p>Masks should be properly worn in the situation of close contact among teachers and students.</p>	 <p>Avoid collective activities. Enhance ventilation and equip with hand sanitizer and disinfectant.</p>
 <p>Keep records of absence, early leaving and leave.</p>	 <p>Arrange network teaching, make up lessons and make-up exams for absentees because of illness.</p>


* How do students have prevention?

(1) During winter vacation




- Stay at home or at a designated place for 14 days after leaving an epidemic outbreak area.
- Stay at home if you can and reduce visits and gatherings. Avoid going to crowded places.
- Daily health monitoring is recommended and please report to the designated person in charge of the community or school.
- After the winter holiday, students can return to school normally if they have no suspicious symptoms.

(2) On the way to school



Wear a mask when using public transport; Reduce your exposure to public transport vehicles; Take temperature when you feel sick; Avoid close contact with people with suspicious symptoms.



Avoid contacting with others if you have suspicious symptoms; If need medical treatment, you should cooperate with the doctor to have observation; Keep receipts for possible contacts investigation.



⊕ How to do prevention and protection in nursing homes?

During the epidemic period, it is suggested that nursing homes should have closed-off management

No visits

No new intake will be accepted

Basic rules of closed-off management

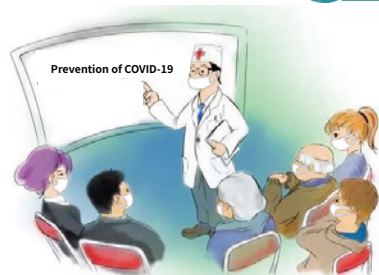
The elderly who must go out should be carefully observed after they return to the nursing home

The elderly could not leave the nursing home

No reception for outsiders



Daily prevention measures



Staff and the elderly should have relevant knowledge, avoid sharing personal belongings, have good ventilation, and implement disinfection measures. Establish health files for the elderly and staff, conduct morning checks and daily health registration.

Having fever symptoms



The staff, finding suspicious symptoms, should stop working immediately and go to the hospital for examination. They should return to work when being excluded from infection and other infectious diseases.



Establish a visitor registration system. If visitors have suspicious symptoms of infection, their visits should be denied. All visitors should wear medical surgical masks.



Keep indoor air fresh by ventilation. Open windows for ventilation regularly. If it is not suitable to open windows, mechanical ventilation equipment should be provided. When opening windows for ventilation in winter, be careful of causing a cold due to excessive indoor and outdoor temperature differences.



Promote the elderly to develop a good habit of washing their hands frequently and ensure a clean and hygienic environment.



Prepare an isolation room for future isolation and treatment of the elderly with suspicious symptoms. Elderly people with symptoms should be isolated in time to avoid transmission to others.



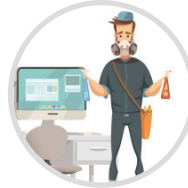
⊕ How to make protection in the office?



Self health test



Set temperature detection point



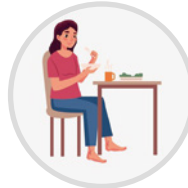
Disinfect public goods frequently



Maintain good indoor ventilation



Wash hands frequently with hand sanitizer



Avoid dining together

⊕ How to make protection on various transportation facilities (including airplane, bus, train etc.)?



On-the-job staff wear masks



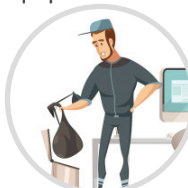
Equip with protective equipments



Increase the frequency of disinfection



Maintain good ventilation



Clean up garbage in time



Ensure the rest of the crew



⊕ How to make protection in public place?

Public places refer to places such as shopping mall, KTV, theater, restaurant, public bath, stadium, exhibition hall, railway station, airport, bus station, etc.



Self health test of staff



Set temperature detection points



Disinfect public goods regularly



Maintain good indoor ventilation



Wash hands frequently with hand sanitizer



Reduce access to public places

⊕ How to make protection during the period of home quarantine?



Single occupancy, denying visit



Take care indirectly by fixed members



Wear masks to avoid contact



Set up special trashbins



Wash hands frequently with hand sanitizer



Seek medical advice if symptoms appear



✦ How to make protection in the fresh farmer's markets?



Wear masks



Avoid contact with farm or wild animals



Avoid going to crowded areas



Wash hands and disinfect frequently

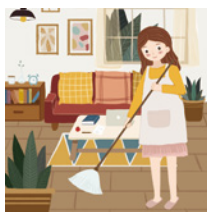
✦ How to prevent infections at home?



Wash hands frequently



Reduce the time of going out and do not gather



Disinfect frequently



Exercise moderately



Maintain ventilation



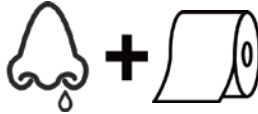
Safe diet



⊕ How to prevent COVID-19 infection on public transportation facilities such as bus, ship, and airplane?



Wear masks



Cover your mouth and nose with paper when sneezing

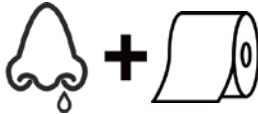


Put the waste paper in the trashbin

⊕ How to prevent COVID-19 infection in hospital?



Wear masks



Cover your mouth and nose with paper when sneezing



Avoid contact



Put the waste paper in the medical waste disposal container



Maintain hand hygiene



Seek medical advice in time for fever



⊕ How do the medical staff prevent COVID-19 infection?



Maintain hand hygiene



Disinfection



Isolation



Individual protection



Wear medical surgical masks, disinfect hands before and after wearing.



Take on and off protective equipment properly when get in and out.

⊕ How do special population wear masks?



Pregnant women wear special masks for pregnant women.



Children wear protective masks for children made by regular manufacturers.



The elderly wear masks according to the guidance of doctors.



Part 5

Common Disinfection Methods





⊕ What disinfectants is the virus sensitive to?



Disinfectant



75% Ethyl alcohol

*And other disinfectants recognized by the nation which can effectively inactivate the virus

⊕ How to disinfect indoor air and articles?



75% Ethyl alcohol



Boil the water for 20 minutes after the steamer boils



100°C



Disinfectant



Sunshine



Ventilation

⊕ How to disinfect the surface of articles?



Wash



Clean



Spray



Soak

*i.e. The coronavirus can be basically killed if disinfectant stays on the surface of articles for **10 minutes**.





- How to disinfect the tableware and articles to be used directly into your mouth?

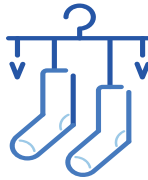


Boil in the water for 15-30 minutes

- How to disinfect our clothes and beddings?



Frequent Washing



Exposure to the Sun



Heating

- What needs to be noticed when you disinfect your house?



Stay away from fire when you use ethyl alcohol



Wear mask and gloves when you use disinfectant



Part 6
Common Errors
in Prevention and Control





★ Can vinegar be used indoors to kill novel coronavirus?

NO!



★ Can you prevent COVID-19 by taking antivirus drugs?



NO!

★ Is antibiotics effective to prevent you from having COVID-19?

NO!



★ Can Vitamin C prevent you from having COVID-19?



NO!



- ★ Can you better prevent the COVID-19 by wearing many masks?

NO!

One mask is enough.

You don't have to wear KN95/N95 masks, common disposable medical masks can also prevent droplet transmission.



- ★ Are you less likely to get COVID-19 if you've received influenza vaccine?

NO!

Influenza vaccine can prevent influenza, which is not effective in the prevention of COVID-19.



- ★ Can you prevent COVID-19 by smoking?

NO!

NO! Smoking is harmful to health.





★ Can you prevent COVID-19 by drinking?

NO!
It is nonsense.

★ Can you prevent COVID-19 by eating more garlics?

NO!



★ Can you prevent COVID-19 by washing your nose and rinsing your mouth with salt waters?

NO!

No preventive effect





**Our Initiative
Prevention and
Control of COVID-19**





To take the initiative in fighting against the epidemic

Frequently
wash your
hands

Wear
a
mask

Avoid
going out

Stay at home and do not add troubles to the epidemic prevention and control

Do not go to the high risk areas of COVID-19

Early quarantine, early treatment

Patients with suspected symptoms should seek medical advice promptly

No gathering, keeping indoors

Reduce exposure to the crowd

Do not disseminate and give credence to rumors

Prevent and control COVID-19 with all our efforts

*We will resolutely win the defensive fighting
of epidemic prevention and control*

