

# Advice for Healthcare Workers

- Full personal protective equipment (PPE) must be worn when caring for a COVID-19 patient. This includes the use of:
  - Gloves
  - Face masks/ respirators
  - Eye protection
  - Full body suits
- Standard infection control methods must be used when caring for all other patients.
- HCWs who come in contact with a COVID-19 patient while not wearing PPE CAN REMAIN AT WORK.
- These are usually short-lived exposures and only when the HCW develops symptoms should they self-isolate immediately and inform their management team.

The table below describes exposure scenarios, the risk of transmission and actions to take after.

Prolonged contact with COVID-19 patient and the patient <b>isn't wearing a mask.</b>	Risk of transmission to the HCW	How you should be monitored for 14 days after exposure	Work restrictions
HCW No PPE	High	Active	Excluded from work for 14 days from exposure
HCW not wearing gloves	Low	Self supervision	None
HCW not wearing mask	High	Active	Excluded from work for 14 days from exposure
HCW wearing PPE (except mask)	Low	Self supervision	None
HCW not wearing eye protection	Medium	Active	Excluded from work for 14 days from exposure

Prolonged contact with COVID-19 patient and the patient <b>is wearing a mask.</b>	Risk of transmission to the HCW	How you should be monitored for 14 days after exposure	Work restrictions
HCW No PPE	Medium	Active	Excluded from work for 14 days from exposure
HCW not wearing gloves	Low	Self supervision	None
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HCW wearing PPE (except mask)	Low	Self supervision	None
HCW not wearing eye protection	Low	Self supervision	None

- IT IS IMPORTANT TO NOTE THAT TRANSMISSION IS MORE LIKELY TO OCCUR DURING **PROLONGED EXPOSURE** TO COVID-19 PATIENTS.
- A HCW can return to work after 8 days of self isolation after first onset of symptoms if temperature and symptoms have resolved.
- HCW can return to work after 14 days of first **prolonged** exposure if no symptoms develop.

## Definitions

- **Active monitoring** - regular electronic communication will be established to monitor the progression of symptoms
- **Self supervision** - HCP should monitor themselves by taking their temperature twice per day and be alert for respiratory symptoms (cough, sore throat, shortness of breath)
- At FCC we have issued patients with



- **Prolonged contact** - Distance of less than 2meter for longer than 15 minutes.

For more information, visit our website: [www.firstcardiology.org](http://www.firstcardiology.org)

Lagos State COVID-19 helpline:  
0800 - 026 - 7662,  
08023169485, 08033565529



# Coronavirus Disease 2019 (COVID-19)

- Incubation period 3-14 days
- Viral shedding (How many days you have the capacity to pass on the disease) - Median 20 days (Max 37 days)

It is import to remember that healthcare workers (HCW) are vital for a functioning healthcare system. In times of an outbreak being educated prevention and infection control helps to protect the HCW, patients and limit the spread of disease.



## Background

- Coronavirus is from a large family of viruses common to humans and different animal species
- It is a virus that affects the human respiratory tract (lungs and airways)
- The virus can spread from person to person via CLOSE and PROLONGED exposure to a person infected with COVID-19.
- This can happen through respiratory droplets produced by the infected individual when they cough, sneeze or talk.
- The droplets can land in the mouth, nose and eyes of nearby individuals
- The droplets can also land on surfaces or can be transferred onto other surfaces or objects such as door handles, stationary or direct contact like handshakes. If an individual comes in contact with an infected surface and transfers the virus to their mouth, nose or eyes they can transmit the infection to themselves.

## Symptoms

- **Dry or Wet cough** (in 65-80% of cases)
- **High temperature/ fever** (45% of people show this when they present to hospital and 85% during illness)
- **Difficulty breathing** (20-40% of cases, often in severe cases)
- **Infection of the nose, throat and chest** (in 15% of cases)
- **Gastrointestinal (stomach) symptoms** (in 10% of cases; Diarrhoea, nausea, vomiting)

**IF YOU DEVELOP ANY OF THESE SYMPTOMS  
PLEASE ISOLATE AT HOME FOR 7DAYS.**

## Prevention

- In order to prevent the spread of disease it is important to wash your hands lots of times during the day.
- Wash with soap and water
- Use hand sanitisers IF SOAP AND WATER IS NOT AVAILABLE AT THAT MOMENT
- Ensure to clean your hands:
  - Before touching food/ eating
  - After shaking hands with other individuals
  - After you enter your home



- Avoid touch your face
- Do not contaminate your beddings with outside clothing
- Wash clothes and sheets regularly.
- Always cough and sneeze into a tissue and wash your hands thoroughly afterwards
- Practise SOCIAL DISTANCING

## What is social distancing?

- These are steps taken to reduce social interaction between people and therefore reduce the spread of coronavirus.

These steps include:

1. Avoiding contact with someone with symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
2. Avoid non-essential use of public transport
3. Work from home, where possible.
4. Avoid large and small gatherings in public spaces, noting that churches, restaurants, leisure centres and similar venues are currently/ should be shut as infections spread easily in closed spaces where people gather together.
5. Avoid gatherings with friends and family. Especially those who:
  - Are over 70
  - Have an underlying medical condition (e.g. Chronic respiratory disease [Asthma, COPD], Heart failure, liver and kidney disease, immunosuppressed [Cancer treatment, HIV, on steroids]
  - Are pregnant
6. Keep in touch with them using remote technology such as phone, internet, and social media
7. Use telephone or online services to contact your