

COVID-19: What should I do and why?

Dr. Gordon S. Doig
Associate Professor
Northern Clinical School Intensive Care Research Unit,
University of Sydney, Sydney, Australia
EvidenceBased.net
gdoig@med.usyd.edu.au

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Web Browser name: Firefox
Full version: 74.0
Major version: 74
JavaScript Version: 1.5



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'Talks' for pdf of this talk.



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'Solutions' for more COVID-19 public health information.



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Coronavirus disease (COVID-19) pandemic

[All info here →](#)

COVID-19 quick links

- [Advice for the public](#)
- [Advice for health workers](#)
- [Country & Technical Guidance](#)
- [Situation updates](#)
- [Research and Development](#)
- [Media resources](#)

Novel Coronavirus (COVID-19) Situation dashboard

This interactive dashboard/map provides the latest global numbers and numbers by country of COVID-19 cases on a daily basis.

WHO Health Alert brings COVID-19 facts to billions via WhatsApp

Have questions about COVID-19? We have answers

Click this link and **text hi to** the whatsapp number

Or WhatsApp 'hi' to +41 79 893 18 92 to start the conversation.

News [All →](#)



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Coronavirus disease (COVID-19) outbreak situation

638,146

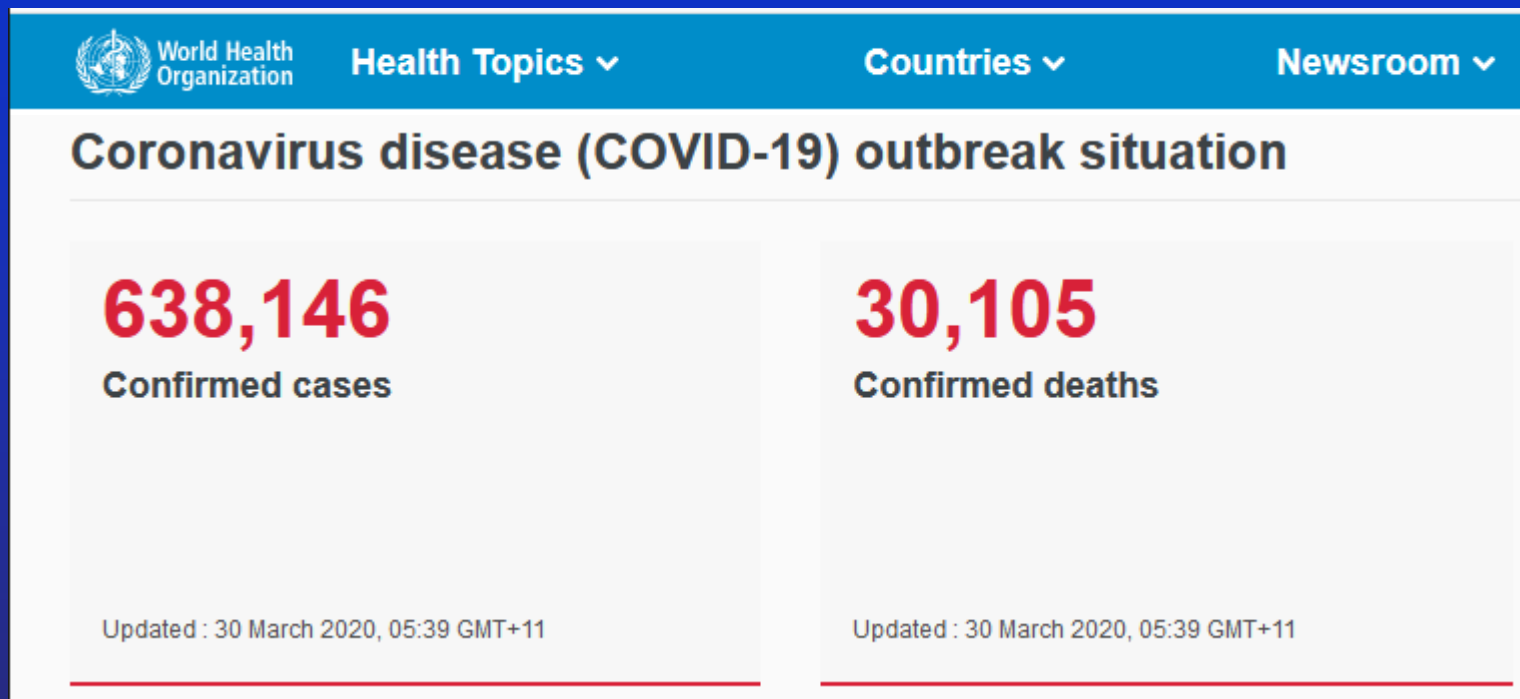
Confirmed cases

Updated : 30 March 2020, 05:39 GMT+11

30,105

Confirmed deaths

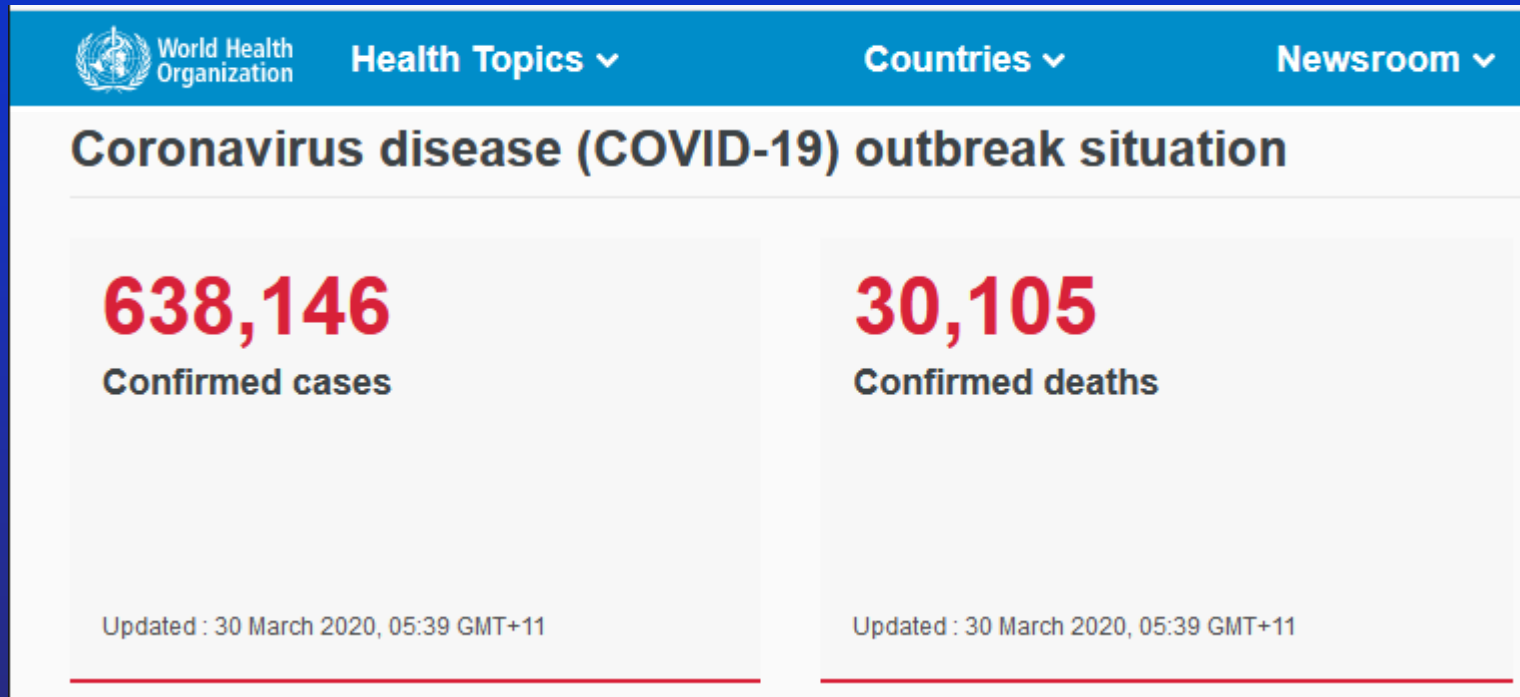
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- 4.7% case fatality rate (30,105/63,8146).



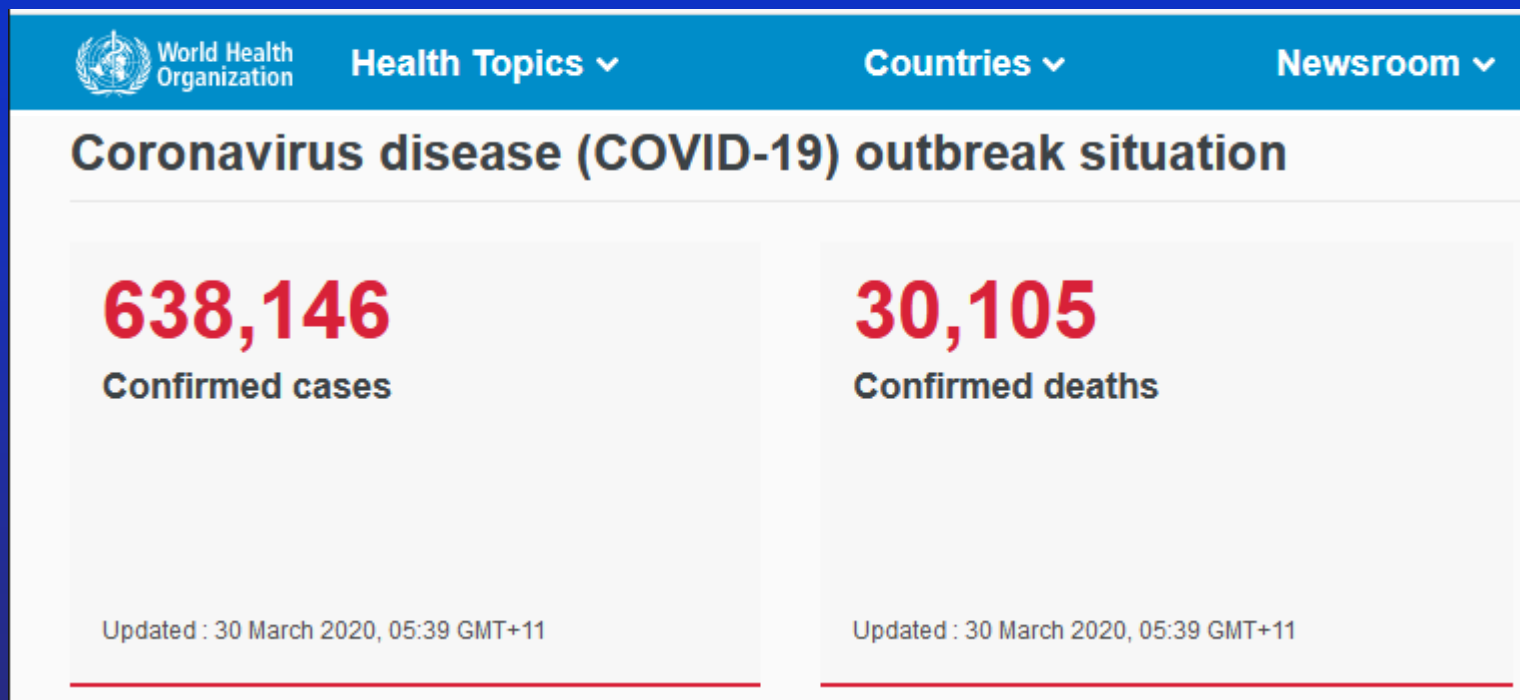
Context for this talk



- 4.7% case fatality rate (30,105/63,8146).
- 30.0% case fatality rate for Ebola virus.



Context for this talk



- 4.7% case fatality rate (30,105/63,8146).
- 30.0% case fatality rate for Ebola virus.
- 0.2% case fatality rate for the (normal) flu.



COVID-19, Italy

Confirmed COVID-19 cases in Italy, by age

		Cases (N)	Deaths (N)	Fatality (%)
	All	85455	8460	9.9
	Above 90	3093	767	24.8
	80-90	12763	3344	26.2
	70-79	16037	2967	18.5
	60-69	15172	971	6.4
	50-59	16526	314	1.9
Age	40-49	10857	76	0.7
	30-39	6000	18	0.3
	20-29	3700	1	0
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Italian ISS, updated 28 March 2020



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My interpretation:

Children are safe



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Take *more* care the older you are

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- If you have a pre-existing health condition, you need to protect yourself.
- Especially if you are older *and* have a pre-existing health condition.



COVID-19, Germany

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 - This may be good, because it infers a large proportion of the population are developing immunity. Known as population immunity.
 - Increased population immunity makes 'second wave' outbreaks less severe and shorter. 'Second wave' outbreaks sometimes occur after lifting quarantine.



What should we do?

WHO 'Five key steps' for EVERYONE to follow:



What should we do?

WHO 'Five key steps' for EVERYONE to follow:

It starts with your hands. Please wash your hands frequently with soap and water or an alcohol-based solution.

1 HANDS



Be READY to fight #COVID19

www.who.int/COVID-19

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Organization



What should we do?

WHO 'Five key steps' for EVERYONE to follow:



download all WHO posters from www.EvidenceBased.net in 'Solutions' section



What should we do?

WHO 'Five key steps' for EVERYONE to follow:

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health Organization

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the handwash (steps 2-7): 15-20 seconds
⌚ Duration of the entire procedure: 40-60 seconds

- 0** Wet hands with water;
- 1** Apply enough soap to cover all hand surfaces;
- 2** Rub hands palm to palm;
- 3** Right palm over left dorsum with interlaced fingers and vice versa;
- 4** Palm to palm with fingers interlaced;
- 5** Backs of fingers to opposing palms with fingers interlocked;
- 6** Rotational rubbing of left thumb clasped in right palm and vice versa;
- 7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
- 8** Rinse hands with water;
- 9** Dry hands thoroughly with a single use towel;
- 10** Use towel to turn off faucet;
- 11** Your hands are now safe.

World Health Organization

Patient Safety
A World Alliance for Safe Health Care

SAVE LIVES
Clean Your Hands

Based on the 'How to Handwash', URL: http://www.who.int/gpsc/5may/how_to_handwash_poster.pdf © World Health Organization 2009. All rights reserved.

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**

If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water




World Health Organization



What should we do?

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World Health Organization | Patient Safety | SAVE LIVES Clean Your Hands

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If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



World Health Organization



What should we do?

WHO 'Five key steps' for EVERYONE to follow:

Cover your nose and mouth with a bent elbow or tissue when you sneeze or cough. Dispose of tissue immediately and wash your hands.

2 ELBOW



Be READY to fight #COVID19

www.who.int/COVID-19

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What should we do?

WHO 'Five key steps' for EVERYONE to follow:

Avoid touching your face, particularly your eyes,
nose or mouth to prevent the virus from entering
your body.

3 FACE



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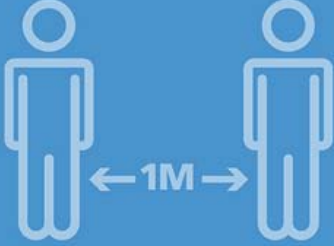


What should we do?

WHO 'Five key steps' for EVERYONE to follow:

In terms of social interaction, take a step back.
Stay at least one metre distance from others.

4 DISTANCE



Be READY to fight #COVID19
www.who.int/COVID-19

FIFA  World Health Organization




What should we do?


WHO 'Five key steps' for EVERYONE to follow:

If you feel unwell, stay home. Please follow all instructions provided by your local health authorities.

5 FEEL



Be READY to fight #COVID19
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Should I wear a mask?

WHO recommendation:



Should I wear a mask?

WHO recommendation:

- For healthy people, wear a mask only if you are taking care of a person with suspected or confirmed COVID-19.



Should I wear a mask?

WHO recommendation:

- For healthy people, wear a mask only if you are taking care of a person with suspected or confirmed COVID-19.
- If caring for a person with suspected or confirmed COVID-19, WHO recommends ordinary surgical face masks rather than N95 face masks.



Should I wear a mask?

WHO recommendation:

- For healthy people, wear a mask only if you are taking care of a person with suspected or confirmed COVID-19.
- If caring for a person with suspected or confirmed COVID-19, WHO recommends ordinary surgical face masks rather than N95 face masks.
 - N95 masks (or better) are only recommended by WHO when performing a medical/surgical procedure that might cause droplets.



Why I don't need a mask!

Non-pharmaceutical public health measures for mitigating the risk and impact of epidemic and pandemic influenza; WHO 2019. 125 Pages



Why I don't need a mask!

*Ten RCTs enrolling 6,000 people were identified that compared masks to no masks. Meta-analysis of these RCTs concluded there was **no evidence that face masks were effective in reducing transmission of influenza.***

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*Airborne (**aerosol**) infection – smaller ($< 5 \mu\text{m}$) particles that *stay in the air for long periods of time allowing airborne contamination even after the departure of the host.**

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Major mode of transmission is through **contact with these contaminated surfaces**

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SARS-CoV-2 and vision sciences

Oxford Centre for Evidence-Based Medicine



<https://www.cebm.net/spreading-sars-cov-2-through-ocular-fluids/>



SARS-CoV-2 and vision sciences

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AAO makes no requirements regarding masks for asymptomatic patients.



Other measures: Restrict gatherings

COVID-19 Cases by Country

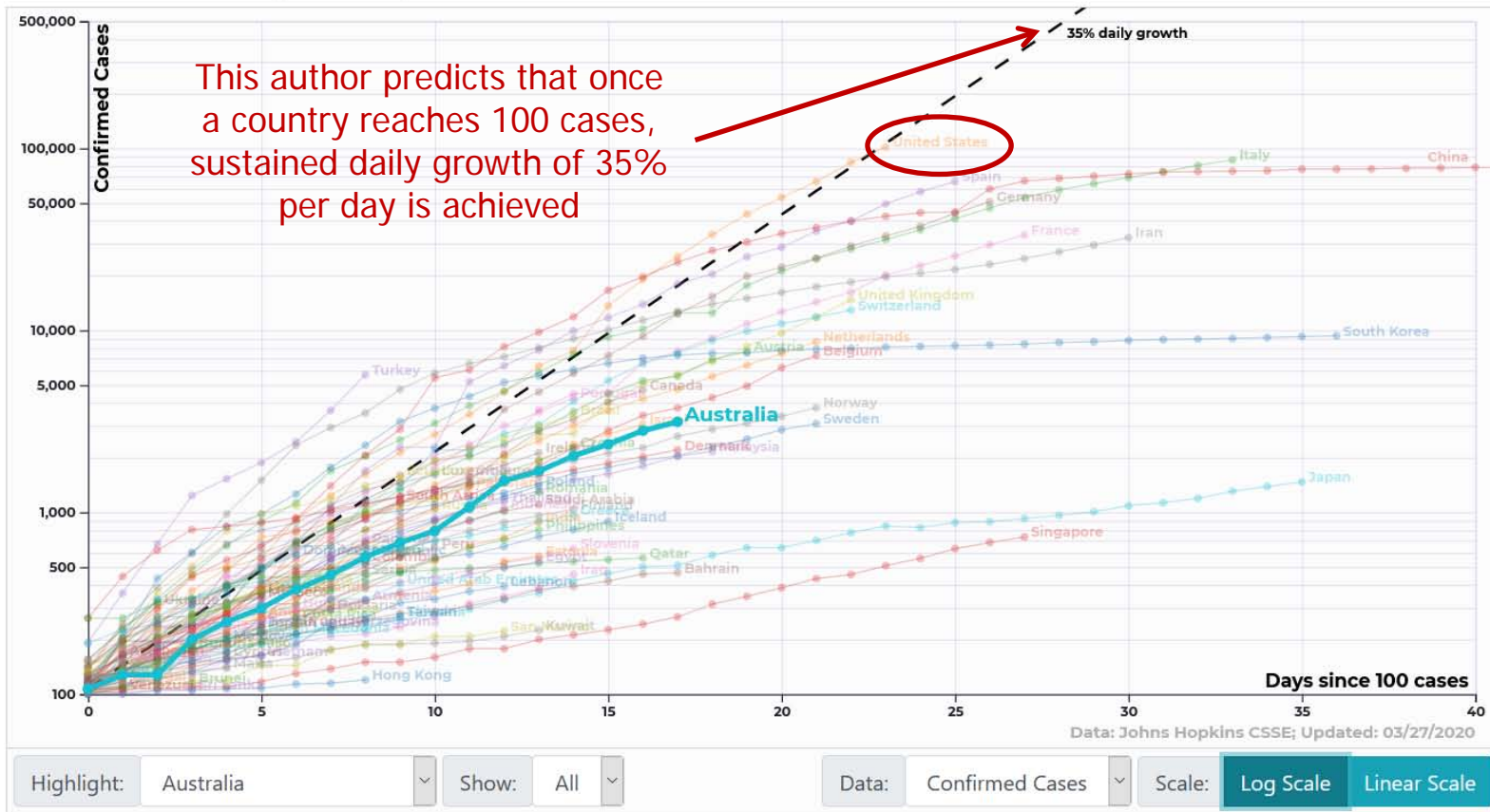


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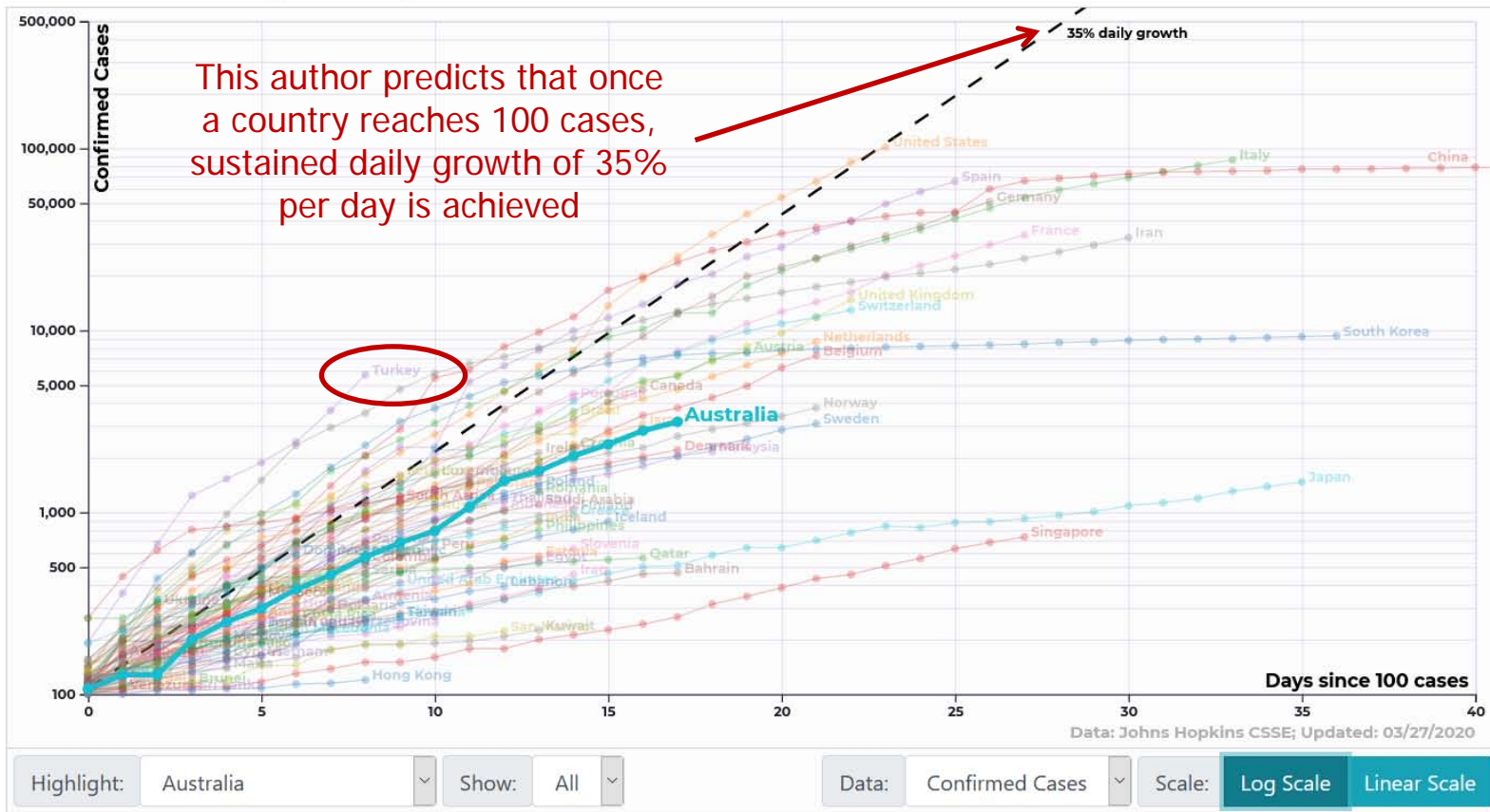
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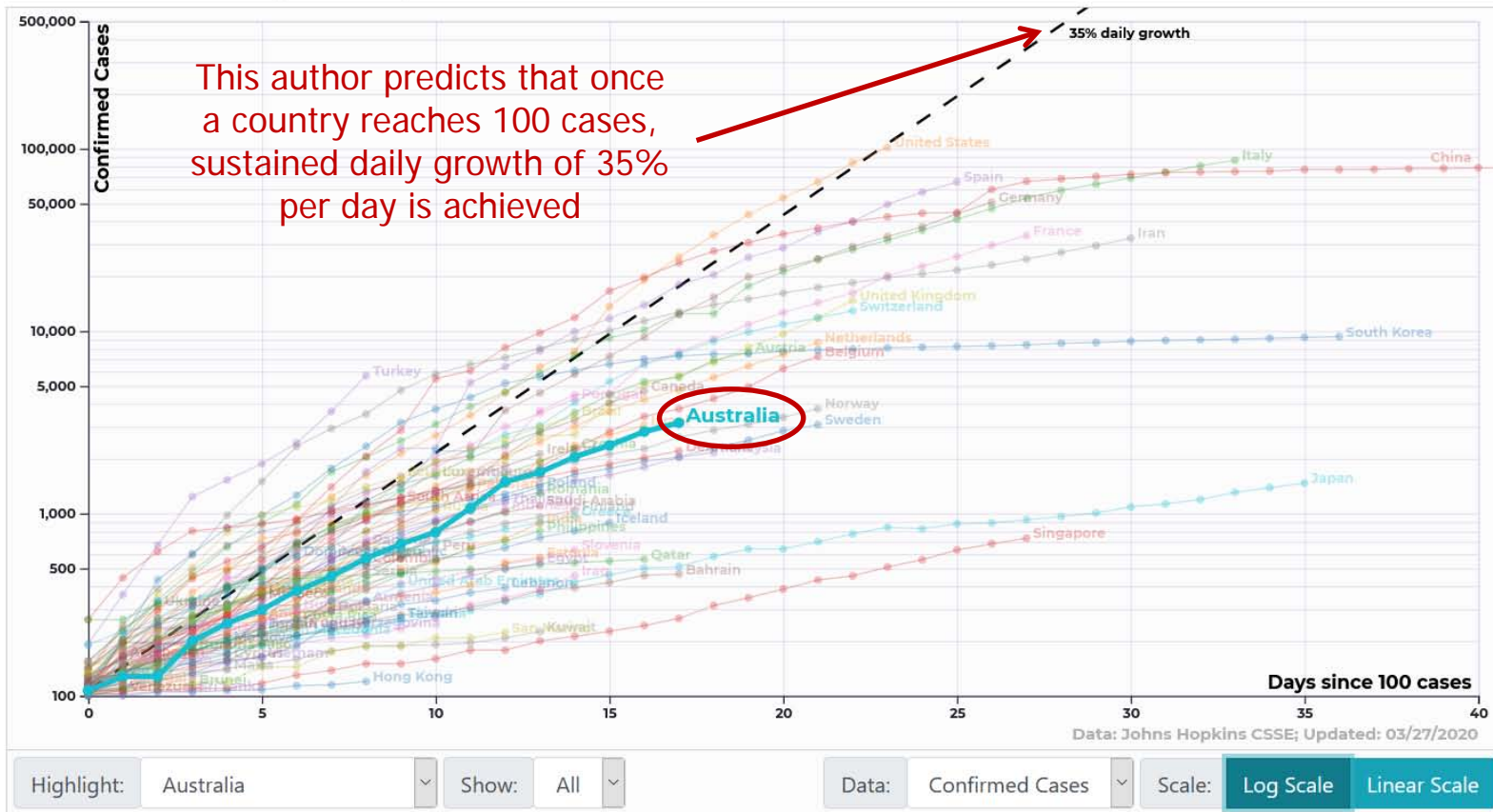


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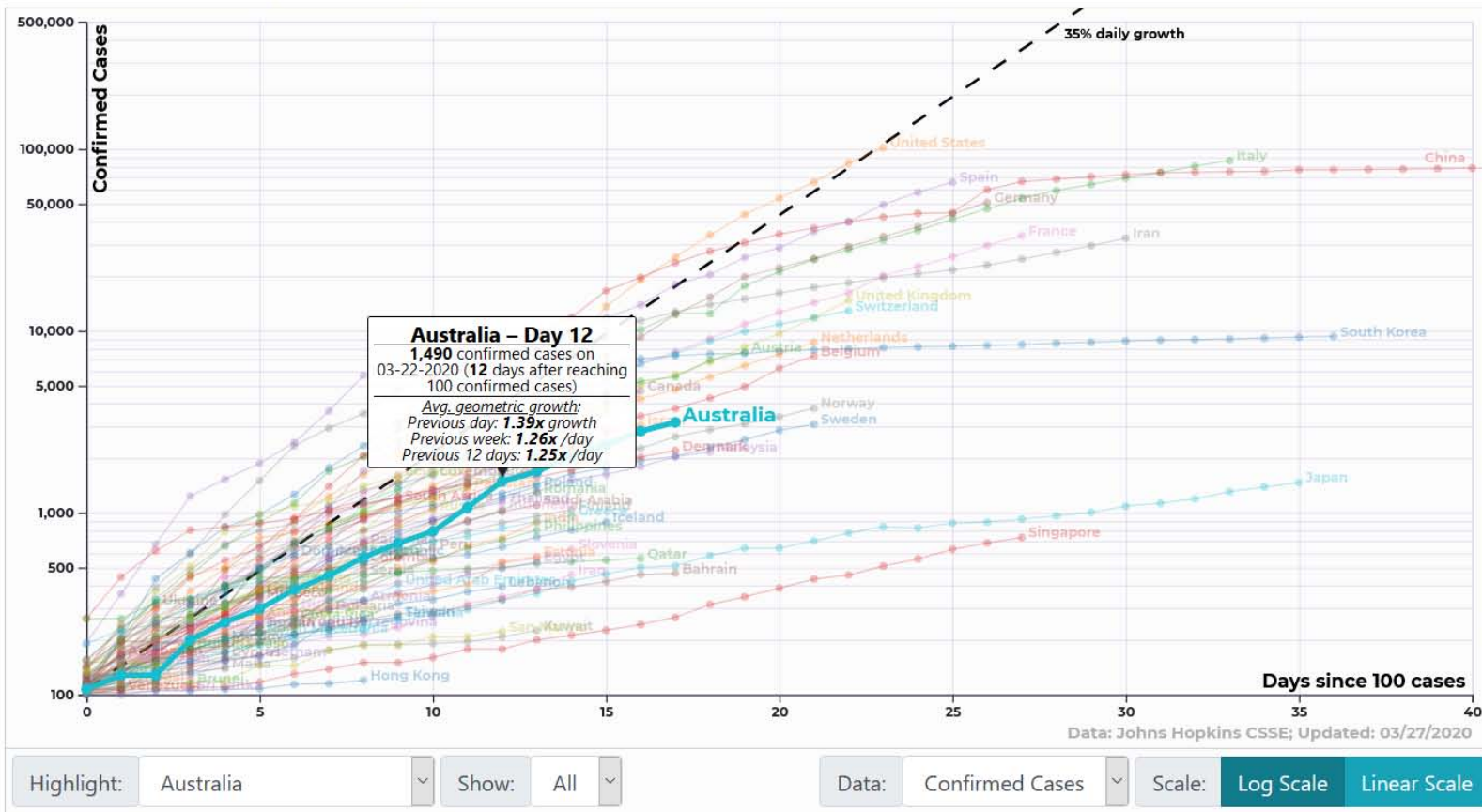
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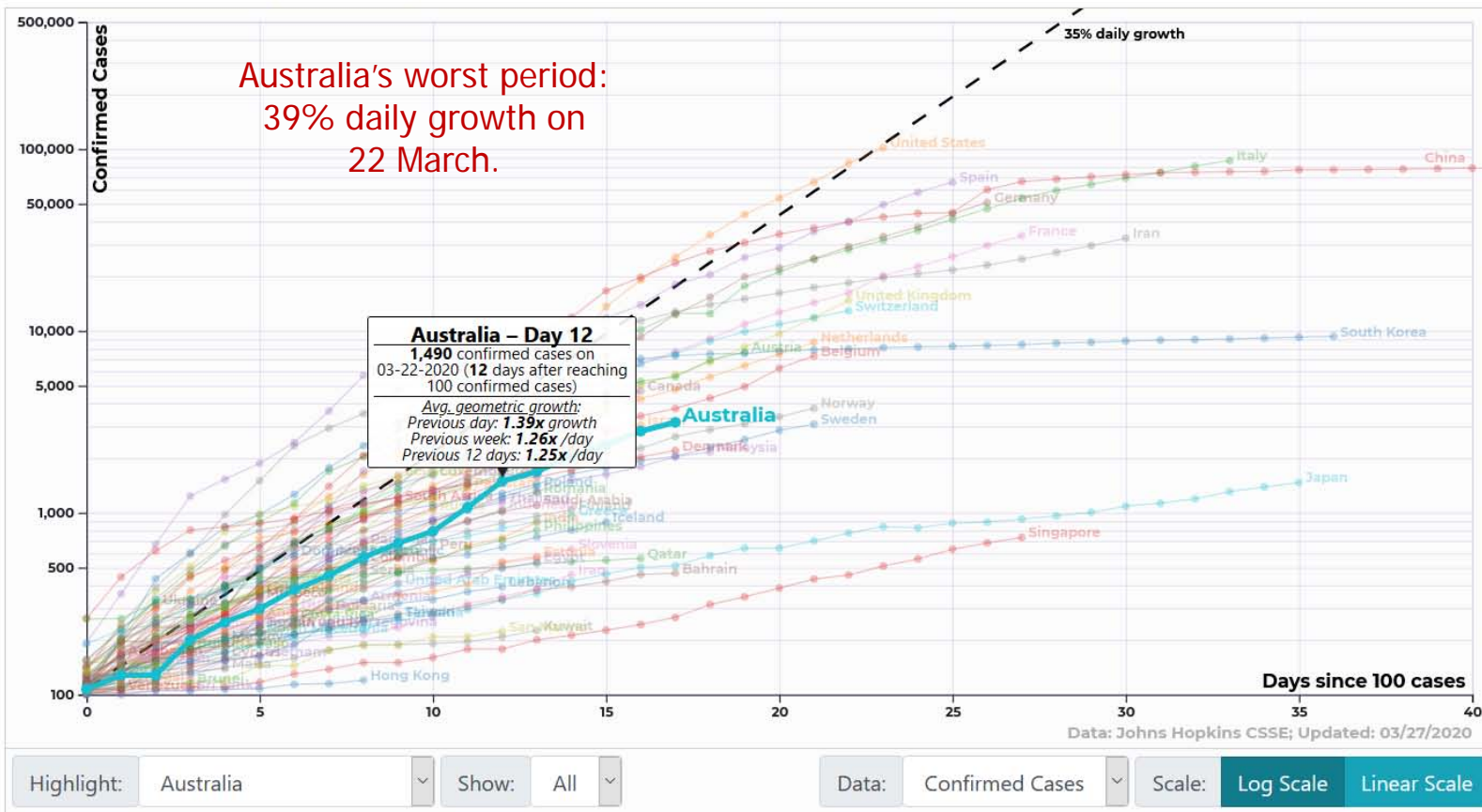
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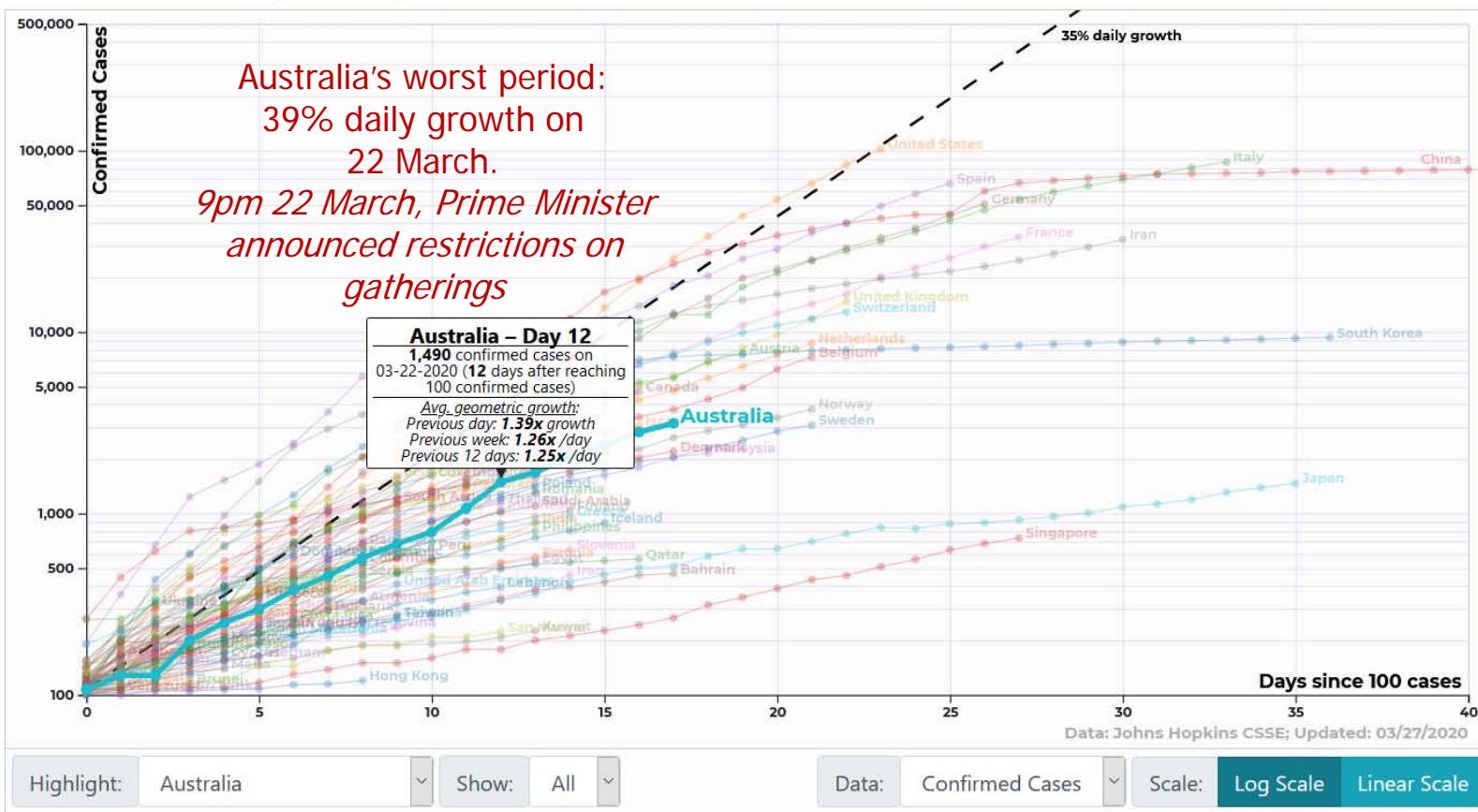
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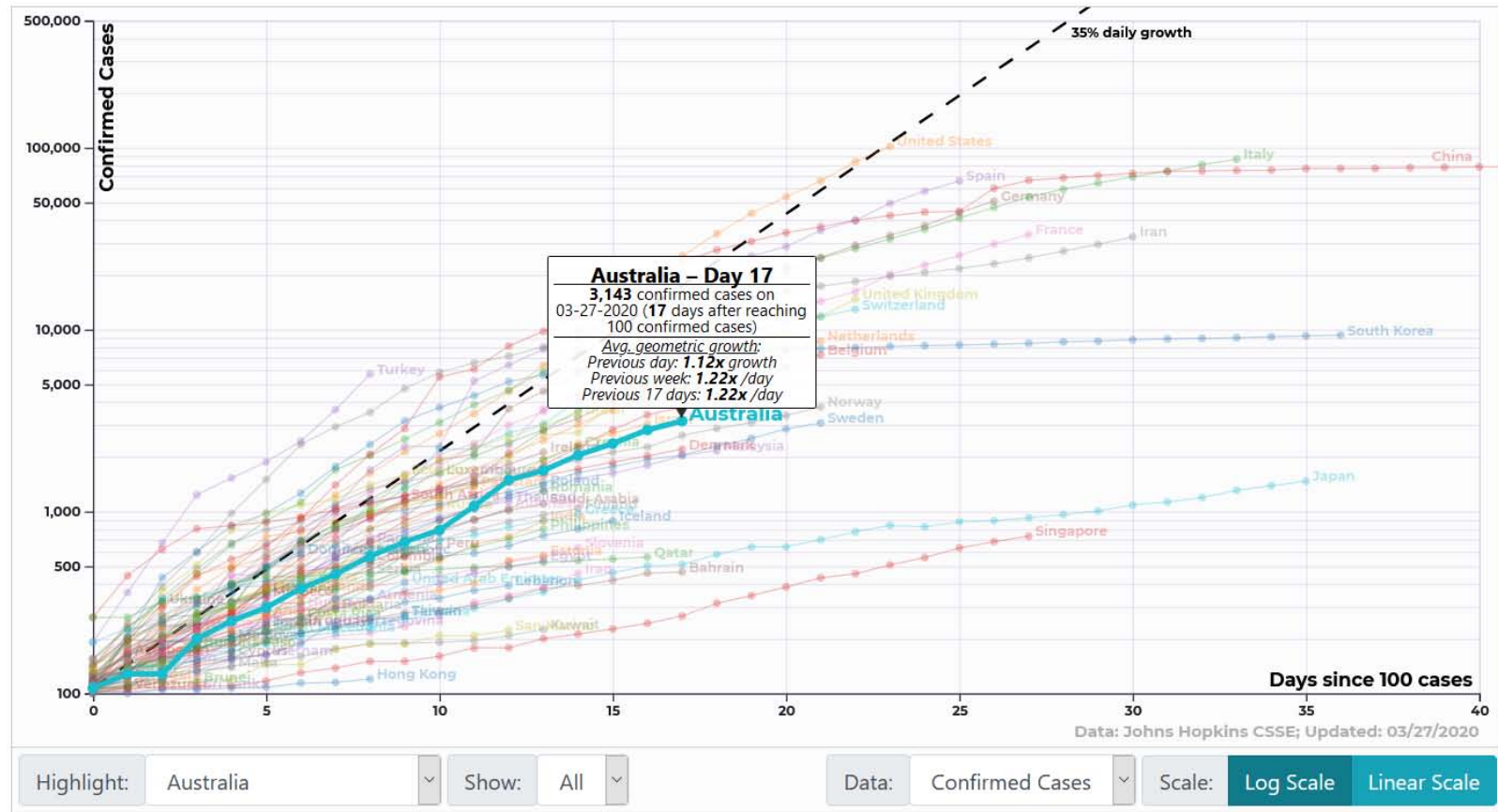
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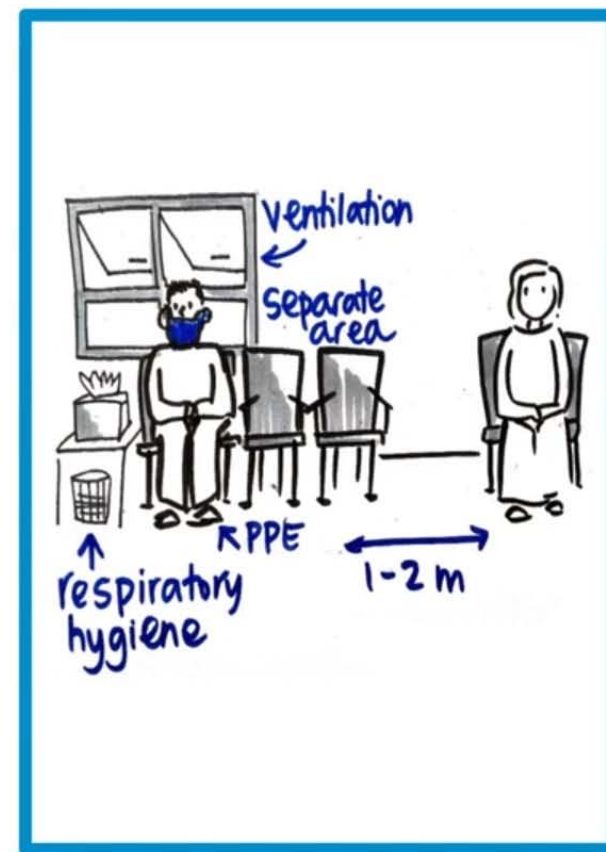


World Health
Organization

Specific IPC measures for nCoV- 1

At triage:

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- give the patient with suspected nCoV a medical mask
- place the patient in separate area
 - This will contribute to source control and diminish potential for environmental contamination.





Other measures: GP clinic triage

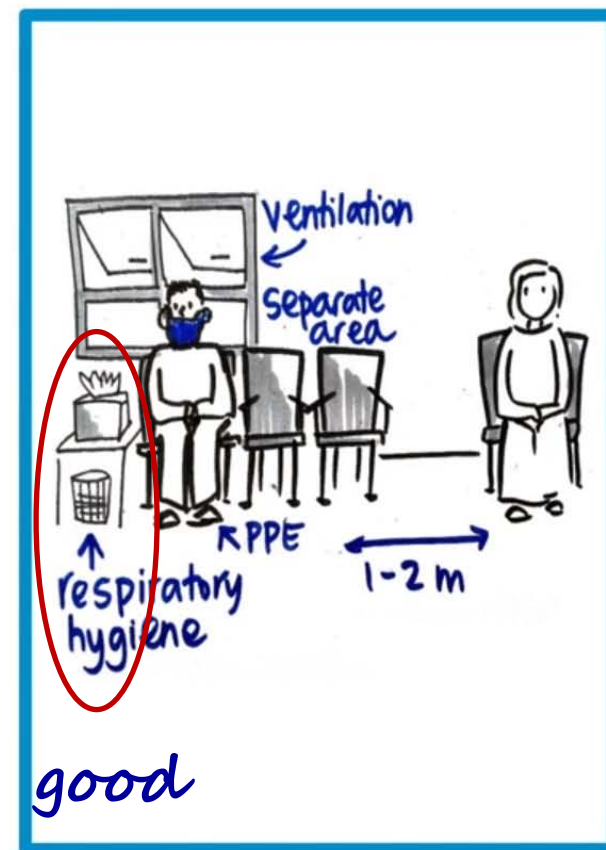


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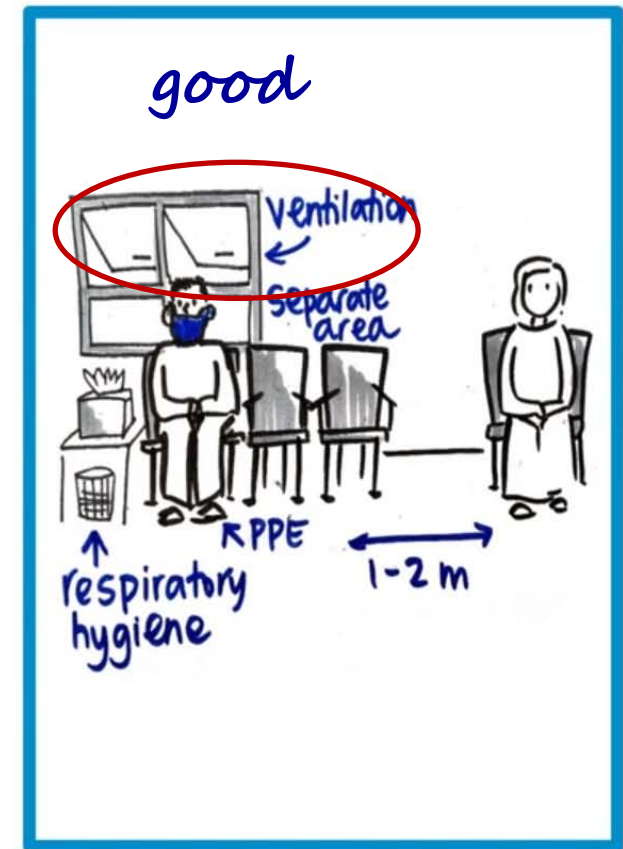
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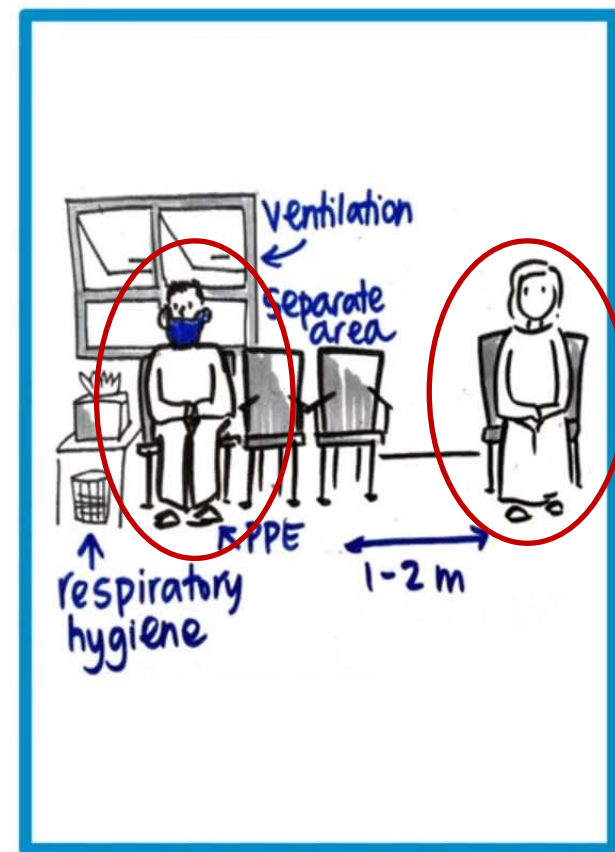
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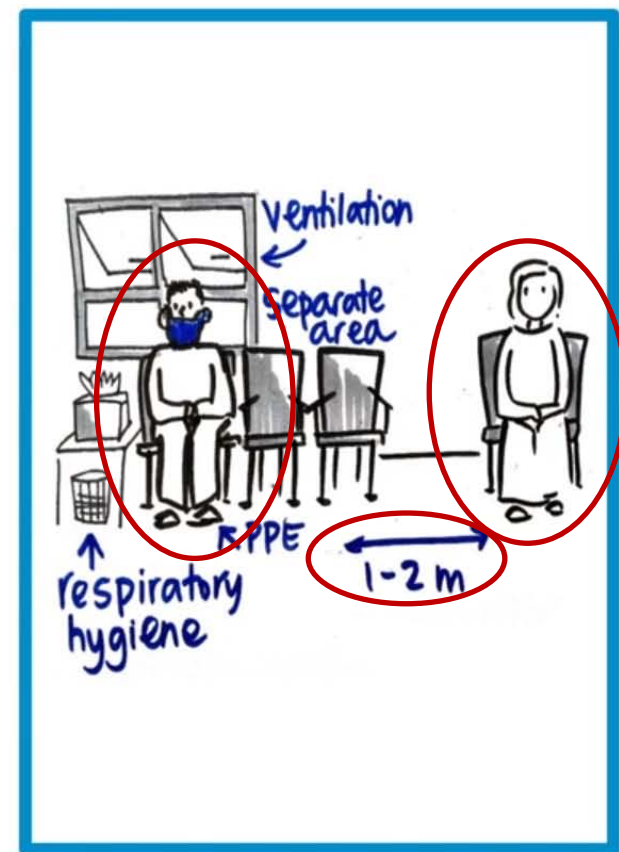


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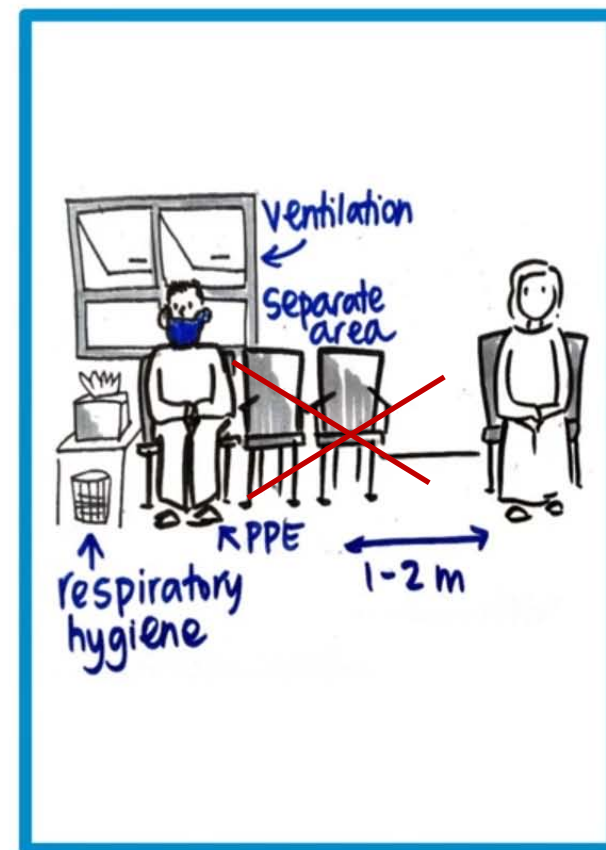


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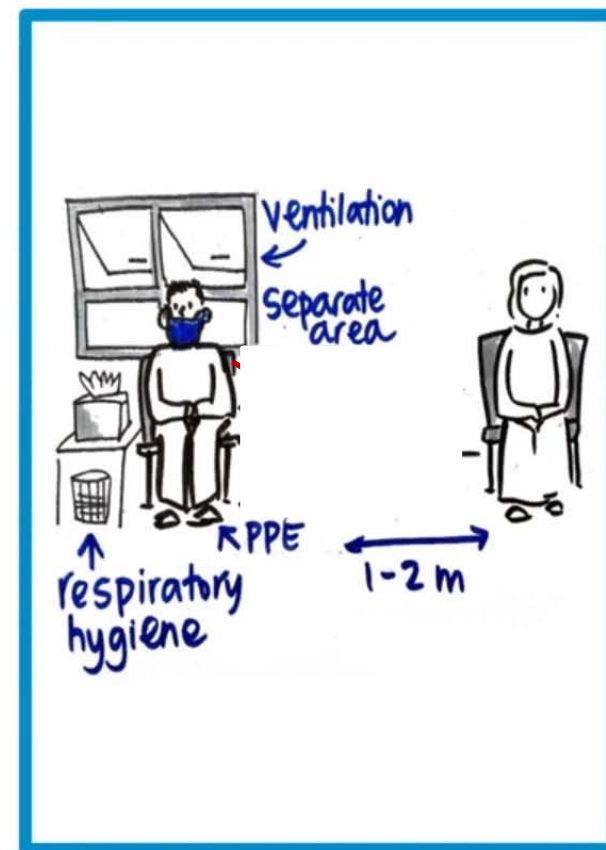
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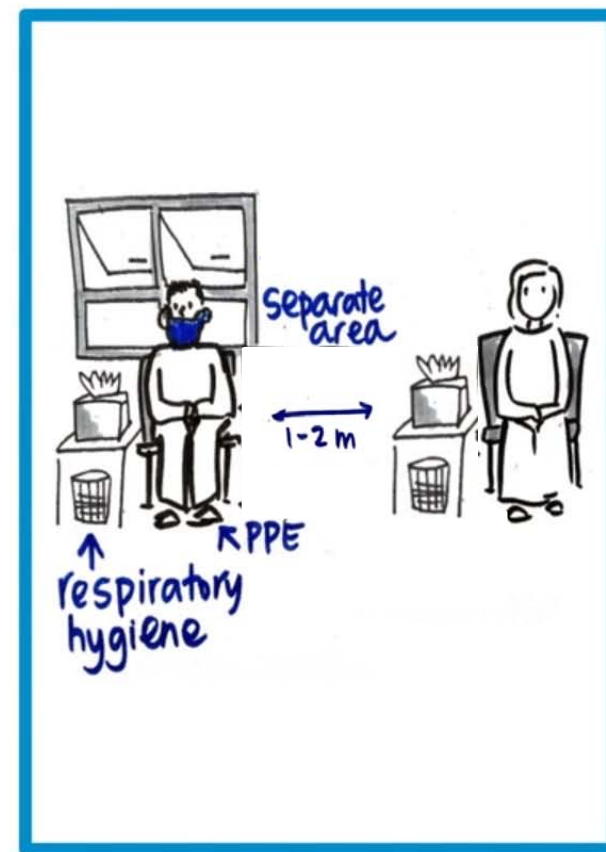
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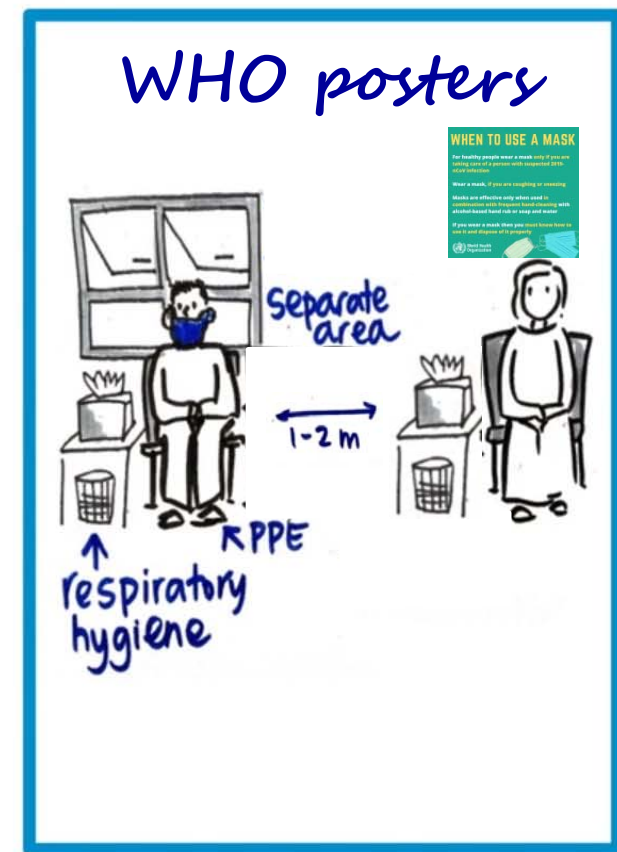
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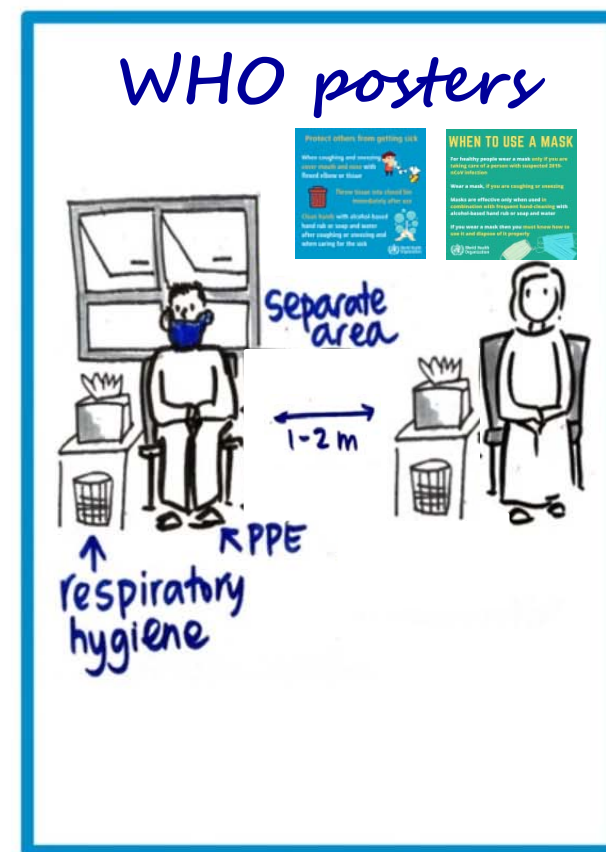
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