

# Novel Coronavirus COVID-19

**FOR: HEALTHCARE WORKERS**  
**Protecting yourself at work from COVID-19**



Follow the guidance of your healthcare facility management and talk to your colleagues about agreed COVID-19 safety procedures



When entering a room with a suspected or confirmed COVID-19 patient, put on:

- disposable gloves
- a clean, long-sleeve gown
- medical mask that covers your mouth and nose
- eye protection such as goggles

### Remember

Personal protective equipment should be changed between use and for each different patient. If utilizing single-use personal protective equipment (e.g. single-use masks, gloves, face shields) dispose in a waste bin with a lid and wash your hands thoroughly. Anything single-use cannot be reused or sterilized!



Boots and coverall suits are not required



If performing an aerosol-generating procedure, such as intubation, use a particulate respirator such as an N95 – **do a seal check!**

### Remember

Don't touch your eyes, nose or mouth with gloves or bare hands until proper hand hygiene has been performed



If you start coughing, sneezing or develop fever after you have provided care, report your illness immediately to the concerned authority and follow their advice



### My 5 Moments for Hand Hygiene

Use alcohol-based hand rub or wash hands with soap and water:

1. Before touching a patient
2. Before engaging in clean/aseptic procedures
3. After body fluid exposure risk
4. After touching a patient
5. After touching patient surroundings



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# WHO COVID-19 infographics for health workers and administrators

See more at [www.who.int/teams/risk-communication/health-workers-and-administrators](http://www.who.int/teams/risk-communication/health-workers-and-administrators)



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**FOR: HEALTHCARE FACILITY MANAGEMENT**  
**Managing patients with suspected or confirmed COVID-19 at your healthcare facility**

Staff should wear appropriate personal protective equipment when screening patients at the triage station. Provide medical masks to all patients presenting with flu-like symptoms or reporting possible COVID-19 infection. Remind all patients to use good respiratory and hand hygiene.

### Managing Placement



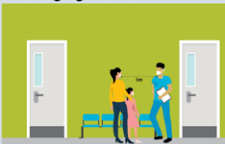
- Immediately isolate suspected and confirmed cases
- To reduce stress and anxiety, explain to patients what you do and why you do it
- If possible, place patients in single rooms
- Suspected and confirmed cases should be kept separate
- Maintain at least 1-metre distance between all patients
- Do not put more than one patient in a single hospital bed

### Managing the Environment



- Limit the movement of patients within the health center to reduce potential infection throughout the healthcare facility
- If a patient needs to be moved, plan the move ahead: all staff and visitors who come into direct contact with the patient should wear personal protective equipment
- Perform regular environmental cleaning and disinfection
- Maintain good ventilation – if possible open doors and windows

### Managing Visitors



- Limit the number of visitors per patient
- All visitors should wear the required personal protective equipment and their visits should be recorded



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**FOR: HEALTHCARE FACILITY MANAGEMENT**  
**Preparing for COVID-19 at your healthcare facility**

Have a triage station at the healthcare facility entrance, prior to any waiting area, to screen patients for COVID-19. This limits potential infection throughout the health care center.



Have alcohol-based hand rub or soap and water handwashing stations readily available for the use of healthcare workers, patients and visitors.

Post information, like posters and flyers, that remind patients and visitors to practice good respiratory and hand hygiene.

Prepare a well-defined and separate waiting area for suspected cases.

Be alert for anyone that may have symptoms such as cough, fever, shortness of breath, and difficulty breathing.

### Protect your workforce

Be ready! Ensure your healthcare and triage workers:

- Are trained on the importance, selection and proper use of personal protective equipment
- Are trained to spot symptoms of a potential COVID-19 infection and offer a medical mask to suspected cases
- Know the case definition and have a decision flow diagram available and accessible for reference at the triage station
- Isolate a suspected case promptly
- Perform hand hygiene frequently



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