



All India Institute of Medical Sciences, New Delhi

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# Guidelines for Health Care Professionals Working in COVID Quarantine Zones within India

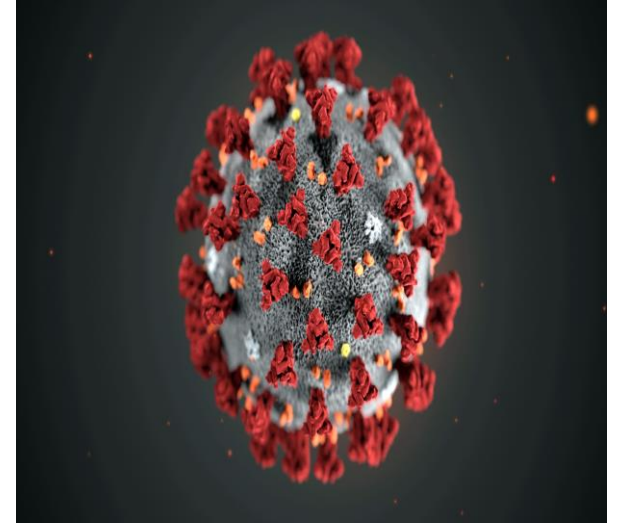




# COVID-19

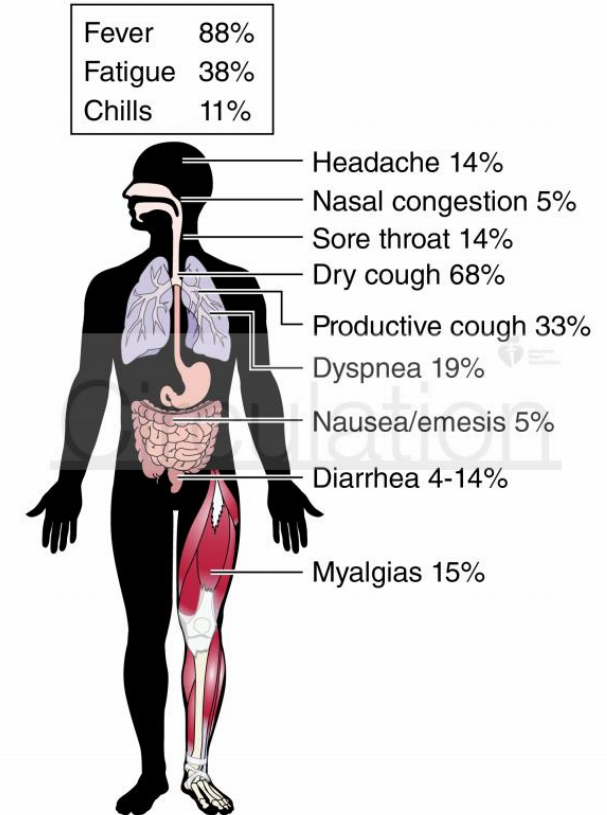
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- Caused by RNA virus SARS-CoV-2
- First reported in December 2019 from Wuhan, China
- Declared a Global Health Emergency and Pandemic by WHO in March 2020
- Emerging and rapidly spreading global pandemic



# Symptoms in COVID-19

- Fever
- Dry Cough
- Sore throat
- Shortness of breath
- Myalgia/Arthralgia
- Chills
- Fatigue
- GI Symptoms – diarrhea, abdominal pain



Patients with hypertension, diabetes, chronic lung diseases. Coronary heart disease and cancer more likely to have ***SEVERE/CRITICAL DISEASE***



# Red Flag Signs → Refer to COVID Hospital

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- Altered sensorium – decreasing cognition/consciousness
- Dyspnea or shortness of breath
- Tachypnea (Respiratory rate  $>24/\text{min}$ )
- Sign of respiratory distress – use of accessory muscles, intercostal retractions
- Increasing fatigue on minimal exertion
- Hypoxia – on pulse oximetry ( $\text{SaO}_2 < 94\%$ )
- Tachycardia (Heart rate  $>120/\text{min}$ )
- Hypotension (Systolic BP  $< 90 \text{ mmHg}$ )
- Reduced urine output  $< 0.5 \text{ ml/kg/hr}$



# Spectrum of Illness

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- *Mild* (no or mild pneumonia) - **81 percent**
- *Severe disease* (eg. with severe dyspnoea, hypoxia, or >50 percent lung involvement on imaging within 24 to 48 hours) in **14 percent**
- *Critical disease* (eg. with respiratory failure, shock, or multiorgan dysfunction) in **5 percent**
- Case fatality rate - 2-4% percent



# History and Clinical Examination

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- Focused history about symptoms of COVID-19 asking about fever, chills, myalgias, shortness of breath, worsening fatigue also history specific to their underlying disease
- Apart from initial assessment - Airway, Breathing, Circulation and Disability. *General and Systemic Examination only if required.*



# Personal Safety First

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- The Government has laid down its guideline on specific use of PPE for Health Care Workers (HCW's) working in the Quarantine Facility

<https://www.mohfw.gov.in/pdf/GuidelinesonrationaluseofPersonalProtectiveEquipment.pdf>



# Personal Safety First

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- All should have basic training in infection control
- Correct way to use PPE
- Hand Hygiene
- Cough etiquettes
- Maintaining distance (1-2 metres)
- Disposal of PPE in thrash bins– as per guidelines by MoHFW

<https://www.mohfw.gov.in/pdf/National%20Guidelines%20for%20IPC%20in%20HCF%20-%20final%281%29.pdf>



# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

**⌚ Duration of the entire procedure: 40-60 seconds**



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



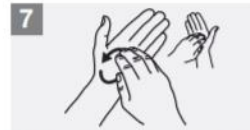
Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

# How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

**⌚ Duration of the entire procedure: 20-30 seconds**



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.

# Cough etiquette





# Guidelines for Patients in Quarantine

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- All patients should be wearing - triple layer surgical masks
- They should be instructed to stay away at least 2 meters from each other and health care team
- Separate washroom for COVID-19 + patients (preferred)
- Cough etiquettes must be taught and complied with



# Recommendations by MOHFW for Quarantine facility

In Quarantine Facility	Protection Required
Patients	Triple layer mask
Health Care Workers	Vitals & Temp recording – Triple layer mask & gloves Clinical Examination of sick patients – N95 mask & gloves
Support Staff	Triple layer mask & gloves



# Home Quarantine

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- Separate well ventilated room
- The suspected individual should restrict movement inside house
- Stay away from other family members maintain at least 1 meter
- Should be in quarantine for 14 days from contact with positive case



# How to transport sick COVID -19 patients

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- Ambulances should be specified for COVID use
- BLS ambulances are good enough
- Strict adherence to cleaning and decontamination after COVID patient transfer
- Paramedic staff- N95 mask/gloves
- Driver → Triple layer mask/ gloves
- Patient and attendant → triple layer mask



# Summary Points

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- Stay safe, personal safety utmost
- Take focused history to rule out severe disease
- Identifying sick patients is your number one responsibility
- Proactively consider transfer to hospital facilities if sick patient identified
- Regular counselling of patients and allaying their anxiety is important – will be your important role



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# Thank you

***Any further questions can be addressed to COVID-19 National Teleconsultation Centre (CoNTeC) at AIIMS, New Delhi (+91 9115444155)***