

How do I protect myself against being infected with COVID-19?

All health care workers should use 'standard precautions.' This includes proper hand hygiene, respiratory hygiene, use of personal protective equipment (PPEs) and apply safety practices.

What is proper respiratory hygiene?

1. Ensure that all patients cover their nose and mouth with their arm/elbow or tissue paper when coughing or sneezing.
2. Offer face mask to any patient you suspect has COVID-19 infection.
3. Perform hand hygiene after any contact with respiratory secretions.



CORONAVIRUS (COVID-19) PREPAREDNESS AND PREVENTION WHAT HEALTH CARE WORKERS SHOULD KNOW



Ministry of Health and Sanitation (MoHS)
Directorate of Health Security and Emergencies
(DHSE)



<http://www.dhse.gov.sl>



@DhseMohs

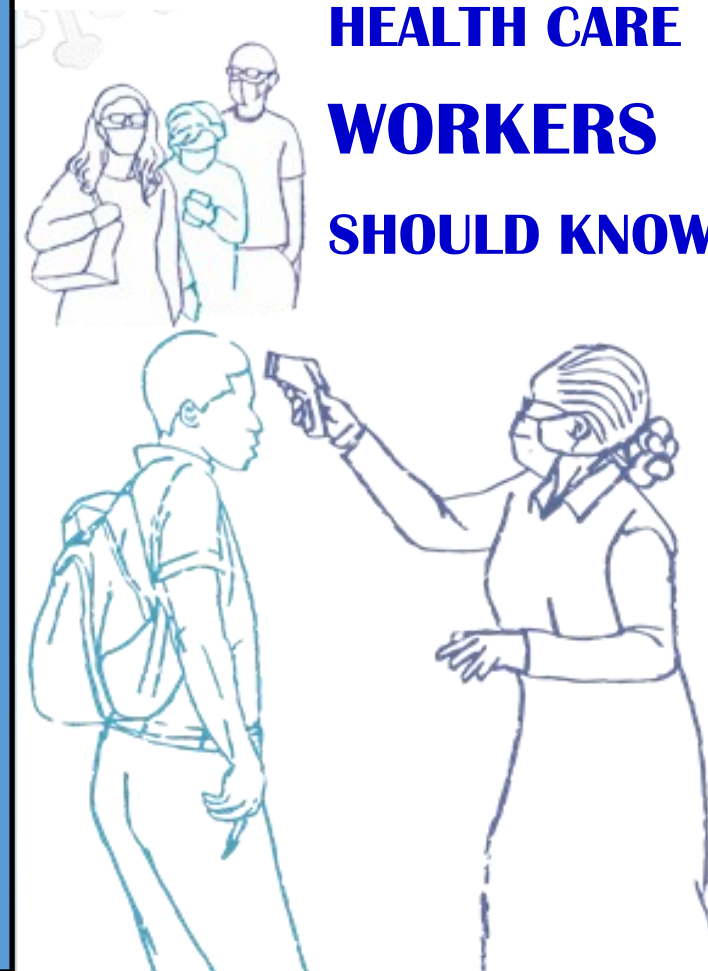


Public Health National Emergency Operations Center, Sierra Leone



**COVID-19
Preparedness and Prevention**

**WHAT
HEALTH CARE
WORKERS
SHOULD KNOW**



What should my health care facility be doing to protect people against COVID-19 infections?

1. Post signs reminding people to tell a health care provider if they have fever, cough, difficulty in breathing or a history of contact with someone who has these symptoms.
2. Screen people entering the facility-at all points of entry to identify persons who could have COVID-19 infection.
3. Isolate all persons suspected_of having COVID-19 infection.
4. Use standard precautions for all patients.
5. Use standard, droplet, and contact precautions for all persons suspected of having COVID-19 infection.
6. Follow the World Health Organization (WHO) guidelines for administration and engineering control
7. **Call 117** if you have a patient that shows signs or symptoms of COVID-19.

How do I know if a patient possibly has COVID-19

All health care workers should maintain a high level of clinical suspicion, including **asking all patients about fever, cough, difficulty in breathing, history of travel, and history of contact with ill persons**. All IEC material are available at: <https://www.dhse.gov.sl>

If I suspect any patient has COVID-19 infection. How do I protect myself?

1. Wear N95 mask. N95 mask is a flat, pleated, or cup-shaped material that covers the face and nose and uses straps that wrap around the back of the head to stay in place.
2. Wear goggles or a face shield to protect your eyes from contamination with secretions and droplets.
3. Wear a clean long-sleeve gown.
4. Use disposable latex gloves.
5. Do not touch your eyes, nose, or mouth with your gloved or bare hands.
6. Dispose of the mask, goggles, face shield, gown and gloves after you have used them. Do not re-use them on the same or a different patient.
7. **Call 117** if you have a patient that shows signs or symptoms of COVID-19.

Why do we recommend N95 face mask and not a respirator?

There are many different devices to cover your face and mouth while caring for a patient. The most secured one is known as the United States standard or FFP2 European Union standard. N95 mask. If worn properly, it can help protect you against COVID-19 infection. N95 masks are designed to be used only **ONCE**.

If I perform tracheal intubation, bronchoscopy, or other airway procedures on patients, how do I protect myself?

Procedures involving the patient's airway can result in viral particles traveling further through the air. They are known as 'aerosol-generating' procedures and include: tracheal intubation, bronchoscopy, non-invasive ventilation, tracheotomy, cardiopulmonary resuscitation, and manual ventilation. For these procedures, you should:

1. Only perform the procedure in an adequately ventilated room.
2. Use a 'particulate respirator,' such as an N95 (United States standard) or FFP2 (European Union standard).
3. Use goggles or a face shield.
4. Wear a clean long-sleeved gown and gloves.
5. Use a waterproof apron if procedure will generate large volumes of fluid.

If I have a fever, should I go to work?

Health care workers with illness should stay home to avoid transmitting infection to patients or colleagues. If you have a mild illness, you should stay home until you are completely free of symptoms. You should seek out medical care if you develop more severe symptoms or your illness does not resolve.

