

Infection Prevention and Control (IPC) for COVID-19

For Home and Community Settings



Disclaimer



Republic of the Philippines

Department of Health

Kagawaran ng Kalusugan
ISO 9001:2015 CERTIFIED



**World Health
Organization**

Representative Office
for the Philippines



USAID

FROM THE AMERICAN PEOPLE

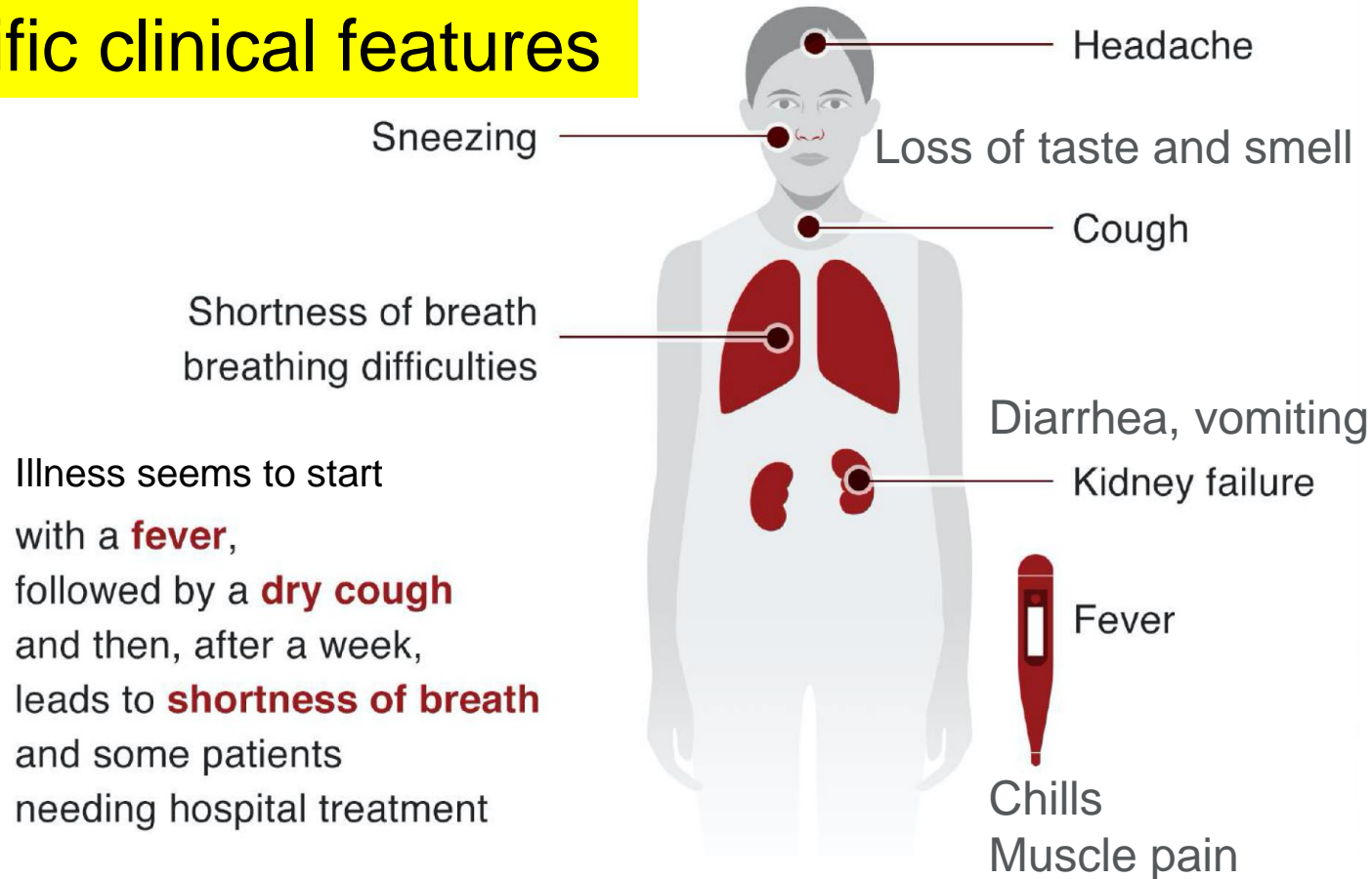
Basic Information for COVID-19



COVID-19 Signs and Symptoms



no specific clinical features

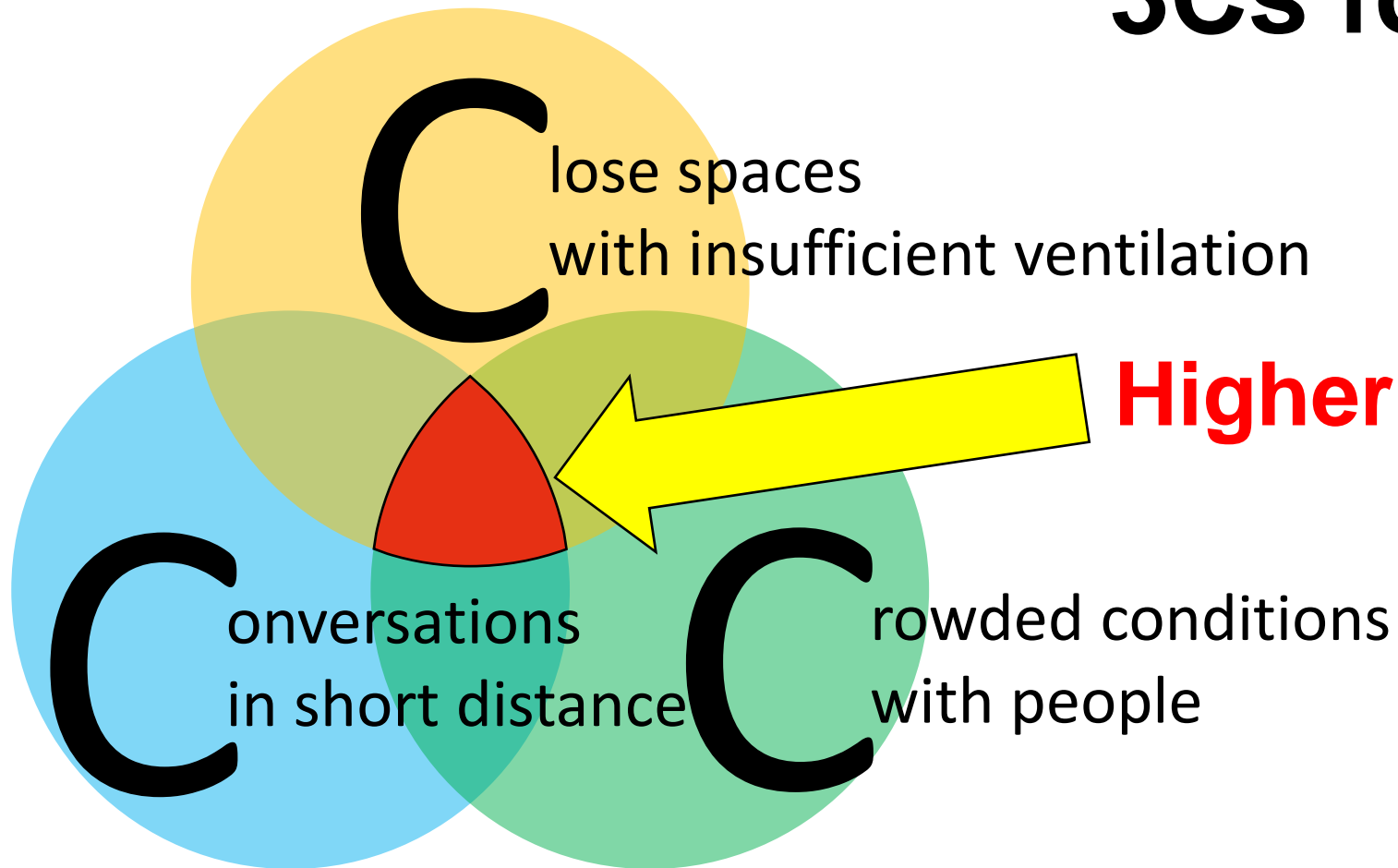


NOTE: Asymptomatic infections have also been described, but their frequency is unknown.

High Risk Areas for COVID-19



3Cs for COVID-19

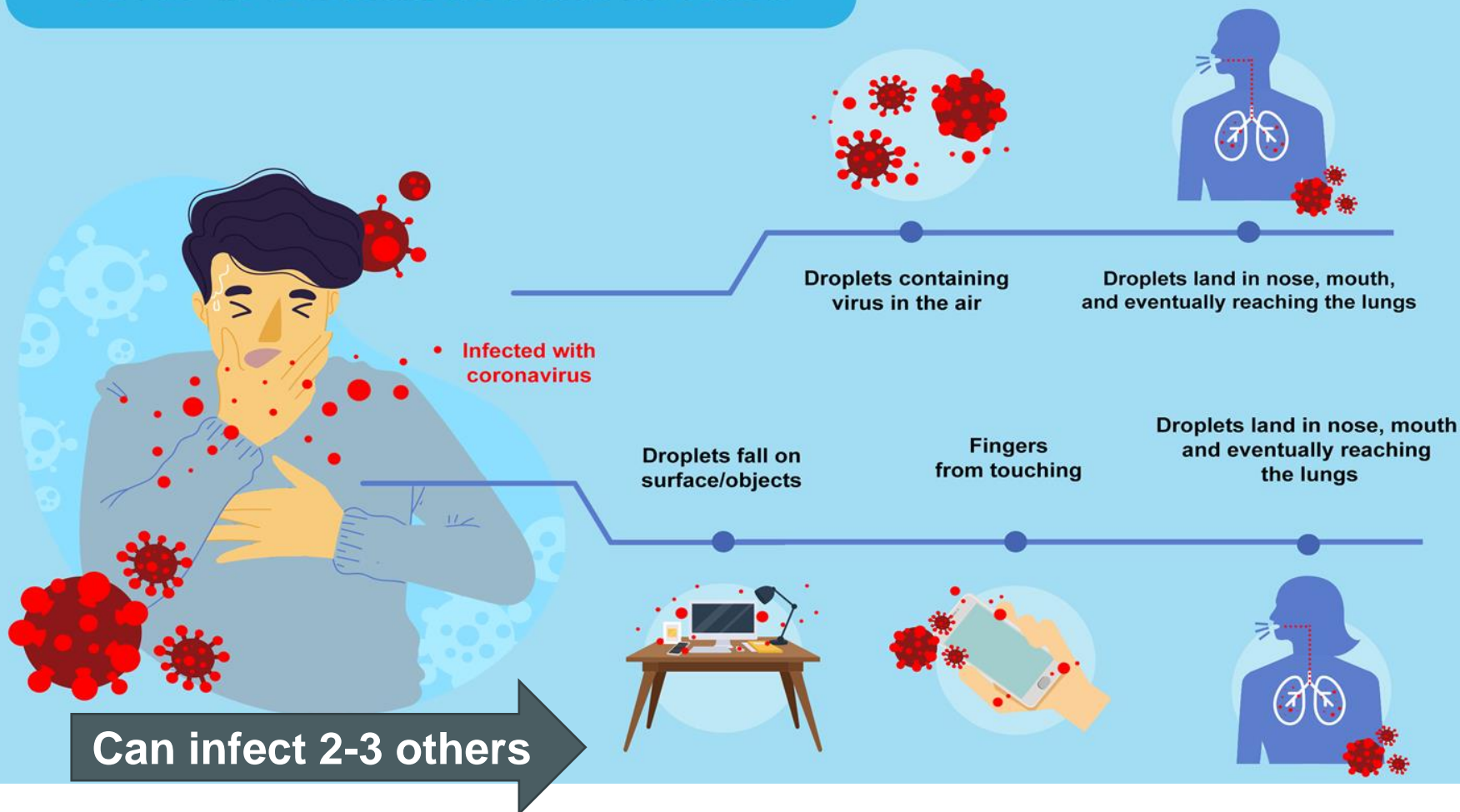


Higher risk for Covid-19 !!

Ref. Government of Japan

How does it spread?

COVID-19 transmission and infection



1. Droplet infection
 - Nose
 - Mouth
2. Contact infection via hands
 - Eye
 - Nose
 - Mouth

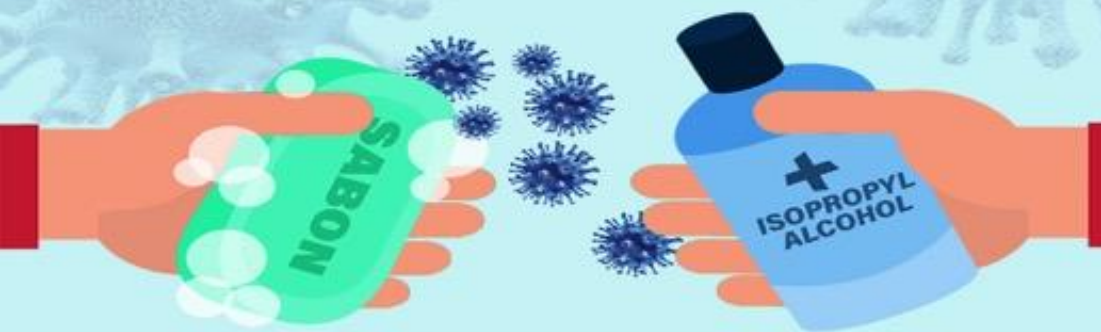
Hand Hygiene



DOH ADVISORY

Q: ANO ANG PINAKAEPEKTIBONG PROTEKSYON LABAN SA COVID-19?

A: Simple lang! Ito ang regular na paghugas ng mga kamay gamit ang sabon at umaagos na tubig!



Laging maghugas ng mga kamay lalo na kung madumi na ang mga ito. Maari ring gumamit o magpahid ng alcohol-based sanitizers.

I-SHARE MO ITO SA IBANG KAKILA MO !

- ✓ Regular and thorough **handwashing** with soap and water for at least 20 seconds is the most effective preventive measure
- ✓ Alternative: **Alcohol-based hand rub** containing at least 70% alcohol for at least 20 seconds.
- ✓ Always wash your hands with **soap and water** if your hands are **visibly dirty**

When to Perform Hand Hygiene



Wash your hands BEFORE



Preparing food
(and handling different food products such as raw meat, poultry, fish)



Eating food or helping to feed someone else
(child, disabled, elderly)



Caring for someone at home who is sick



Treating a cut or wound



Breastfeeding

When to Perform Hand Hygiene



Wash your hands AFTER



Simple handling different food products such as raw meat, poultry, fish



Changing a diaper or cleaning up a child who has used the toilet



Using the toilet



Blowing your nose, coughing, or sneezing



Treating a cut or wound



Visiting a public place (market, pharmacy, grocery)



Returning home or coming back indoors



Touching an animal, animal feed, or animal waste

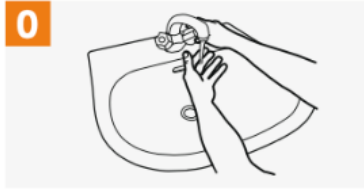


Touching garbage



Handling money

Hand Hygiene: Soap and Water Procedure for at least 20 secs.



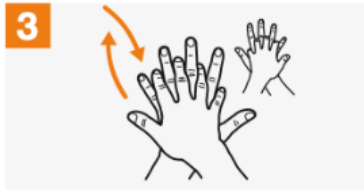
0 Wet hands with water;



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;



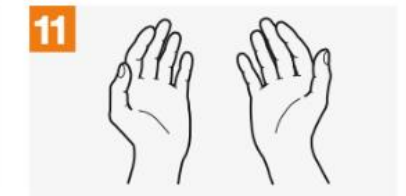
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



Hand Hygiene: Alcohol Procedure for at least 20 secs.

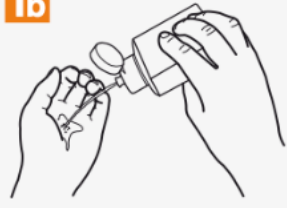


1a

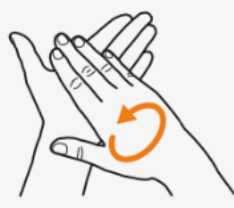


Apply a palmful of the product in a cupped hand, covering all surfaces;

1b



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



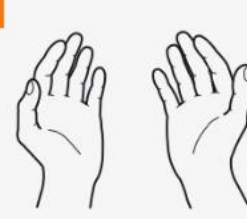
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



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

8



Once dry, your hands are safe.



Physical Distancing for All



Ano ang *Social Distancing*?

Ang Social Distancing ay ang pagbawas ng malapit na pakikipag-ugnayan sa ibang tao upang iwasan ang pagkalat ng virus.



UMIWAS SA MGA SUMUSUNOD:



Mga masisikip na lugar at di-mahalalagang pagtitipon.



Mga karaniwang pagbati, tulad ng pakikipagkamay, beso-beso at pakikipagyakap.



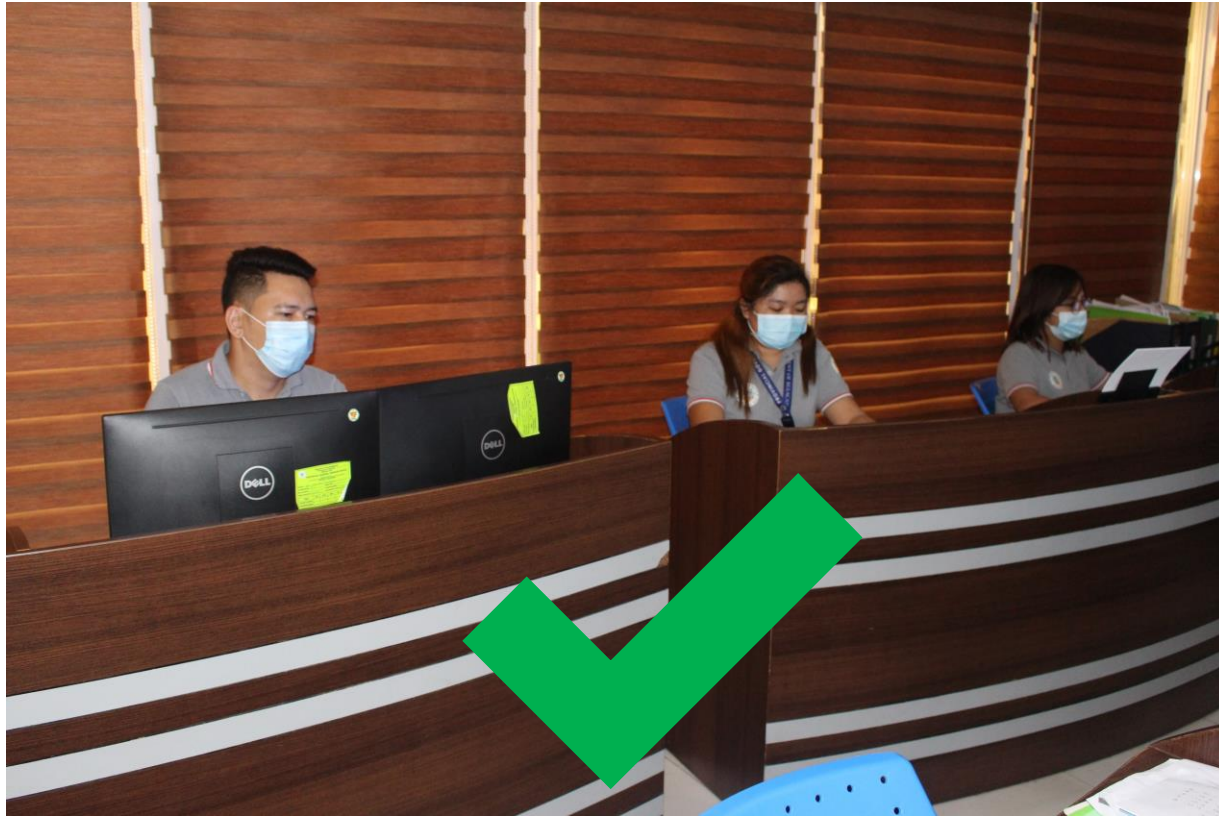
Pakikipag-ugnayan sa mga taong mas delikadong mahawaan ng virus tulad ng mga matatanda at mga may mahinang resistensiya.



Pagpapapanatili sa hindi bababa sa 1 metrong layo mula sa ibang tao.

- ✓ Keep more than 1 to 2 meters apart
- ✓ Avoid close contact including kissing and shaking hands
- ✓ Stay home if you feel unwell
- ✓ Wear face mask (save medical masks for frontliners)

Maintain Physical Distance



Respiratory Hygiene for coughing people



Catch it

Bin it

Kill it

2019 NOVEL CORONAVIRUS
Acute Respiratory Disease
(2019-nCoV ARD)
HEALTH ADVISORY

Tamang Paraan ng Pag-Ubo (Cough Manners)

Ang pagtakip sa ilong at bibig ay hindi lamang mabuting asal, nakakatulong ito na mabawasan ang pagkalat ng mga mikrobyo o ng mga nakakahawang virus na kumakalat dahil sa talsik ng laway sa pag-ubo o pagbahin.



Takpan ang ilong at bibig gamit ang braso o tisyu.



Itapon ang ginamit na tisyu sa basurahan.



Ugaliing maghugas ng kamay pagkatapos umubo o bumahin.



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8711-1002  OfficialDOHgov
doh.gov.ph

- Education of health workers, patients and families
- Covering mouth & nose when coughing or sneezing.
- Hand hygiene after contact with respiratory secretions.
- Wear a medical mask if you have respiratory symptoms
- Avoid touching your eyes, nose and mouth

Donning and Doffing of Medical Mask



Order of Donning

- Step 1. Hand hygiene
- Step 2. Place the face
- Step 3. Elastic loop around ears
- Step 4. Flexible band fit nose
- Step 5. Pull down to chin

Order of Doffing

- Step 1. Remove elastic loop
- Step 2. Don't touch face
- Step 3. Don't touch surface
- Step 4. Discarding immediately
- Step 5. Hand hygiene



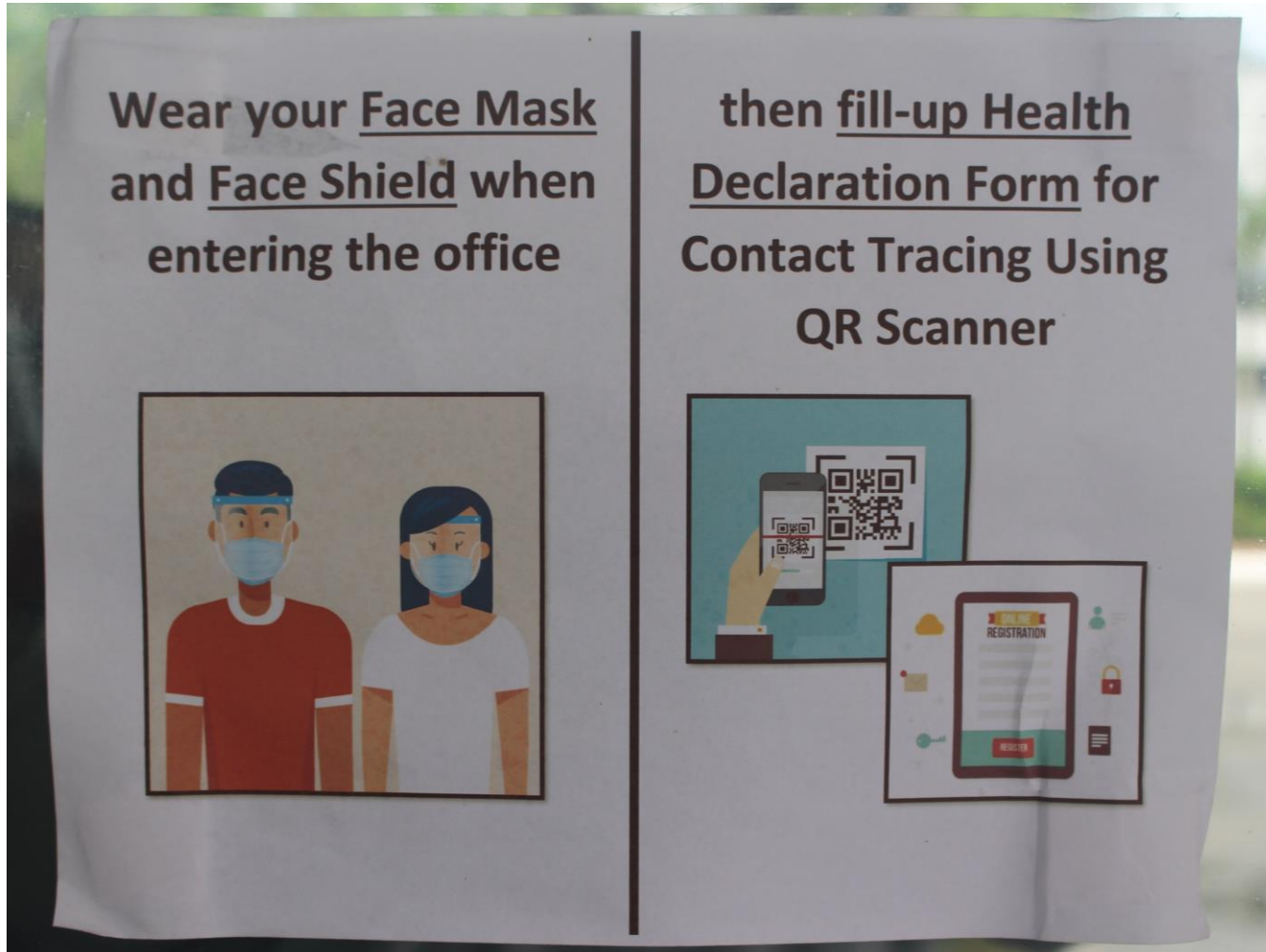
Proper Use of Medical Mask



Proper Use of Medical Mask



Facility Controls



- ✓ Posting of Signage and Policies
- ✓ Foot Bath / Disinfection
- ✓ Hand Hygiene
- ✓ Health Declaration Form
- ✓ Thermal Gun
- ✓ Physical Distancing more than 1-2 meters

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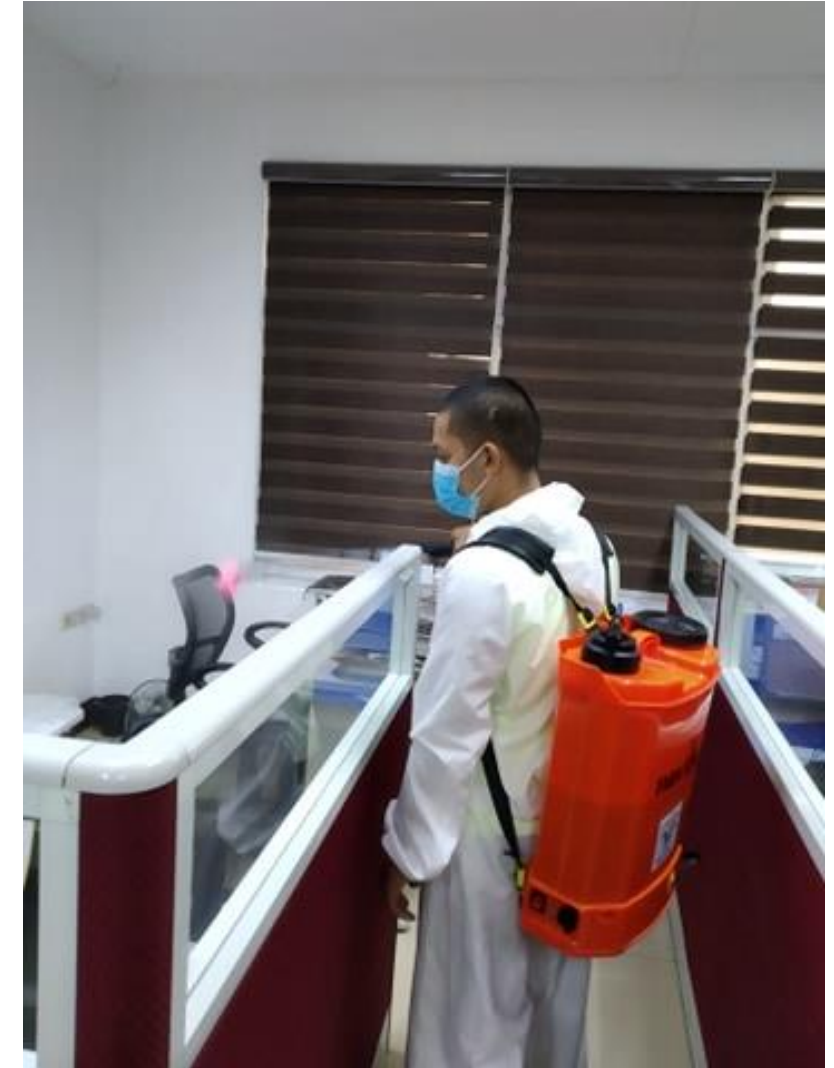


- ✓ Visitors submitting reports, letters and documents.

Isolation Area



Cleaning and Disinfection



Cleaning and Disinfecting



✓ Cleaning

- Refers to the **removal of germs, dirt, and impurities from surfaces**
- Does not kill germs, but by removing them, it **lowers their numbers and the risk** of spreading infection

✓ Disinfecting

- Refers to using chemicals to kill germs on surfaces
- **Does not necessarily clean dirty surfaces** or remove germs, but by killing germs on a surface after cleaning, it can further **lower the risk** of spreading infection.



Steps in Preparing Diluted Chlorine Solution



1



Ipunin ang lahat ng mga materyales na kakailanganin.

2



Gumamit ng guwantes, apron at bota kapag humahawak at naghahanda ng mga solusyon ng bleach.

3



Ibuhos ang dami ng tubig na kinakailangan (sa isang plastik na lalagyanan) pagkatapos ay idagdag ang bleach:

4



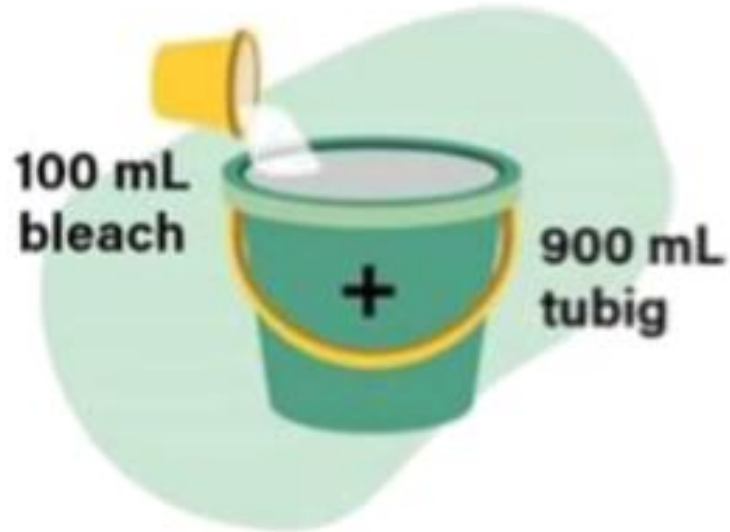
Lagyan ng label ang iyong mga lalagyan ng disinfectant at tukuyin ang konsentrasyon ng bleach. Pwede nang gamitin ang disinfectant solusyon

Preparing 0.5% sodium hypochlorite (strong) solution for disinfecting contaminated surfaces



OPTION 1:

Gamit ang bleach na may 5% na aktibong chlorine:



OPTION 2:

Gamit ang chlorine powder/ granules / tablet na may 60-70% aktibong chlorine:



Preparing 0.5% sodium hypochlorite solution for general cleaning and laundry



Mix 10ml of liquid bleach to
1 liter of water (1:100)



Mix 1 tablespoon of chlorine powder to
20 Liters of clean water

In All Settings



Clean and disinfect ***frequently touched*** surfaces and objects ***daily***

- ✓ Use detergent or soap and water prior to disinfection
- ✓ **Spraying** of cleaning or disinfectant solution on a surface **NOT recommended**
- ✓ Use pump-action containers that dispense liquid to apply prepared cleaning or disinfection solutions



At Home



- Ensure the toilet and bathroom are cleaned daily with a regular household detergent and water
- Mop the floors with regular household detergent and water at least once a week

In Community Spaces



- Mop the floors with regular household detergent and water **at least daily**
 - ✓ Best done with **separate buckets** used for detergent, rinse water, and disinfectant
- Disinfection can be done using household cleaners and disinfectants, diluted household bleach solutions or alcohol solutions with at least 70% alcohol

General Misting and Outdoor Spraying



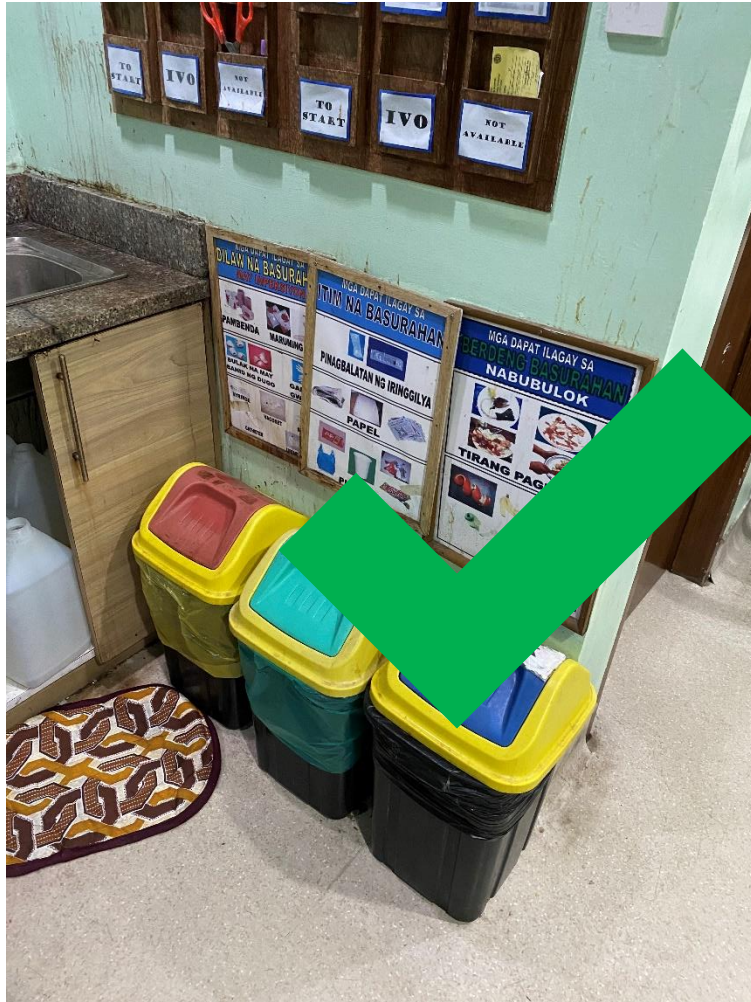
- COVID-19 is **NOT** an airborne virus
- Droplets that may contain coronavirus **DO NOT** remain suspended in the air.
- Spraying to kill virus in the air is **NOT NEEDED** at this time
- Spraying ***can cause any pathogens to be dispersed further*** from the direct application of a spray.
- Spraying disinfectants over a large area and repeatedly ***may cause environmental pollution*** and **should be avoided.**

Misting and Spraying of Individuals



- The spraying of individuals or groups is **NOT recommended** under any circumstances
- Spraying an individual or group with chemical disinfectants or detergents is ***physically and psychologically harmful*** and ***does not limit the spread of COVID-19***
- Even if a person is infected with the COVID-19 virus, spraying the external part of the body ***does not kill the virus*** inside the body and ***may worsen the clinical condition*** of the individual

Waste Management



- ✓ Ensure sufficient pedal-operated or swing lid trash cans are available
- ✓ All health care waste produced during the care of COVID-19 patients should be collected safely in designated containers and bags, treated, and then safely disposed of

Waste Management



COVID-19

Parting Words
Together We Can Heal as ONE!

“

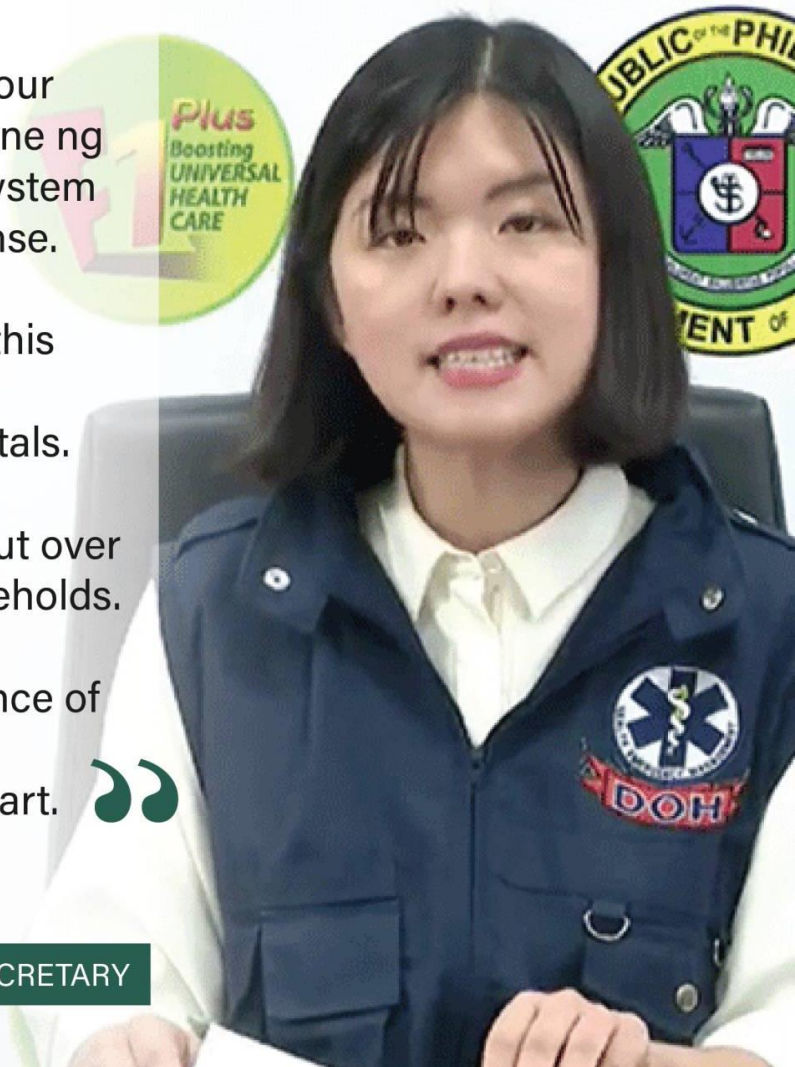
COVID needs to stop at your doorstep. Kayo ang frontline ng laban na ito. The health system is the second line of defense.

There are two fronts into this war, your homes in the community and the hospitals. We have more than 1,000 hospitals in the country but over 20 million homes or households.

We will have a better chance of winning this if 20 million households will do their part. ”

DR. BEVERLY HO

SPECIAL ASSISTANT TO THE SECRETARY



IPC for

COVID-19



THANK YOU!

Stay Safe!

WE
HEAL
AS
ONE