Guidelines for Health Care Professionals Working in COVID Quarantine Zones within India
COVID-19

- 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

- Altered sensorium – decreasing cognition/consciousness
- Dyspnea or shortness of breath
- Tachypnea (Respiratory rate > 24/min)
- Sign of respiratory distress – use of accessory muscles, intercostal retractions
- Increasing fatigue on minimal exertion
- Hypoxia – on pulse oximetry (SaO2 < 94%)
- Tachycardia (Heart rate > 120/min)
- Hypotension (Systolic BP < 90 mmHg)
- Reduced urine output < 0.5 ml/kg/hr
Spectrum of Illness

- **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

- 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

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

Personal Safety First

• 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

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds

1. Wet hands with water;
2. Apply enough soap to cover all hand surfaces;
3. Rub hands palm to palm;
4. Right palm over left dorsum with interlaced fingers and vice versa;
5. Palm to palm with fingers interlaced;
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.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a. Apply a painful of the product in a cupped hand, covering all surfaces;
1b. Rub hands palm to palm;
2. Right palm over left dorsum with interlaced fingers and vice versa;
3. Palm to palm with fingers interlaced;
4. Rotational rubbing of left thumb clasped in right palm and vice versa;
5. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
6. Once dry, your hands are safe.
Cough etiquette
Guidelines for Patients in Quarantine

- 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**

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<th>In Quarantine Facility</th>
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<td>Vitals &amp; Temp recording – Triple layer mask &amp; gloves Clinical Examination of sick patients – N95 mask &amp; gloves</td>
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<tr>
<td>Support Staff</td>
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Home Quarantine

- 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

- 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

- 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
Thank you

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