Coronavirus Pre-Quiz

https://tinyurl.com/vlt7qmm
Disclaimer

This is a short webinar covering what is presently known about the coronavirus pandemic. I’m a paramedic with a doctor’s degree by research. It is likely I’ll be in the front line of Australia’s coronavirus response within a couple of weeks.
Coronavirus Webinar Structure

• Overview of Current Situation
• Social Distancing/Social Isolation, Surgical Masks Guidance
• Organisational Event Attendance Precautions
• Personal Safety
• Planning, Preparation and Conducting a Risk Assessment
• Q&A
## Coronavirus Pre-Quiz Answers

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Proportion of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>99%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>70%</td>
</tr>
<tr>
<td>Dry cough</td>
<td>59%</td>
</tr>
<tr>
<td>Loss of appetite</td>
<td>40%</td>
</tr>
<tr>
<td>Muscle pain</td>
<td>35%</td>
</tr>
<tr>
<td>Shortness of breath</td>
<td>31%</td>
</tr>
<tr>
<td>Coughing up phlegm</td>
<td>27%</td>
</tr>
</tbody>
</table>
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Overview of Current Situation

- SARS-CoV-2
  - Severe Acute Respiratory Syndrome Coronavirus 2
- COVID-19
  - Coronavirus disease discovered in 2019

- Genetic analysis on the virus reveals 2 different strains:
  - Type L (approx. 70% infections)
  - Type S (approx. 30% infections)
Overview of Current Situation

• For basic information, “what is a virus?” etc., go to Wikipedia
  • https://en.wikipedia.org/wiki/Severe_acute_respiratory_syndrome_coronavirus_2
  • https://en.wikipedia.org/wiki/Coronavirus_disease_2019

• For detailed information on epidemiology, pathophysiology and diagnostics
  • https://www.youtube.com/watch?v=PWzbArPgo-o
Overview of Current Situation

• For current numbers:
  • https://www.worldometers.info/coronavirus/
  • https://coronavirus.jhu.edu/map.html?fbclid=LwAR2ypSngmkCQDaRMhn8ry7Qp3siW69lv7Eb0Wnj1L13BwPpc0reZeFhY890
  • https://www.ft.com/coronavirus-latest

• For best practice current science:
  • https://emcrit.org/ibcc/COVID19/?fbclid=IwAR05WiKuNH0XdvD3AsizgxwunD6FPeanrxOnvQp1KzU9OQbiMOXE91iPHVI
  • https://www.uptodate.com/home/covid-19-access
Overview of Current Situation

• For some historical context/a comparison to other pandemics:
  • https://www.visualcapitalist.com/history-of-pandemics-deadliest/?fbclid=IwAR31QksS86sMdAfZRkFnzsjyQBzMz1oEzInnBme87-BNk7dKmyzmq-AYkCYY
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Social Distancing/Social Isolation
Social Distancing/Social Isolation

- Australian Government Department of Health Guidelines

Centre for Complex Systems, Faculty of Engineering, University of Sydney
Marie Bashir Institute for Infectious Diseases and Biosecurity, University of Sydney
Social Distancing/Social Isolation

• Social Isolation explained - a simple graphic
Surgical Mask Guidance

• World Health Organisation Video
Surgical Mask Guidance

- Centers for Disease Control and Prevention Guidance for extended use and reuse of N95 Respirators
  https://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html
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Organisational Event Attendance Precautions

• A couple of checklists modelled from St John Ambulance Australia (NSW) requirements before they would show up at an event to offer service.
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Personal Safety

- Hand and clothes washing
- Masks
- Anti-septic
- Medications to have on hand in case you get sick
Personal Safety - Hand Washing

- Treat your home as a sterile field
- Soap, dishwashing soap, alcohol-based hand rub may be used
- If hands are soiled, use soap and water
- Whatever you use, use the following technique:
Personal Safety - Hand Washing
Personal Safety - Hand Washing

- WHO-recommended Hand Rub Formulations
The primary use for a mask is for people who are sick to wear them, so they don’t infect others.

If you are going to be around people you know are Covid-19 positive, wear a mask and realise the outside of it is contaminated.
Personal Safety - Masks

- How to properly fit and test an N95-respirator mask video
Personal Safety – Masks
Personal Safety - Masks

- Careful you check the rating of the mask you have
- Improvised masks are ineffective and dangerous
Personal Safety - Anti-septic

- Hard surfaces and high use areas (doorknobs) should be disinfected regularly
- SARS-CoV-2 survival times on different surfaces

### Table 1. Stability of infectious virus (Tabulated using data from Doremalen et al. 2020).

<table>
<thead>
<tr>
<th>Surface type</th>
<th>COVID-2019</th>
<th>SARS-CoV-1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Half Life (h)</td>
<td>Detection Limit</td>
</tr>
<tr>
<td>Aerosol</td>
<td>2.74</td>
<td>Up to 3 h</td>
</tr>
<tr>
<td>Copper</td>
<td>3.4</td>
<td>Up to 4 h</td>
</tr>
<tr>
<td>Cardboard</td>
<td>8.45</td>
<td>Up to 24 h</td>
</tr>
<tr>
<td>Steel</td>
<td>13.1</td>
<td>Up to 48 h</td>
</tr>
<tr>
<td>Plastic</td>
<td>15.9</td>
<td>Up to 72 h</td>
</tr>
</tbody>
</table>

Personal Safety - Anti-septic

- Disinfecting using bleach
  - 1 part 5% bleach to 9 parts water produces 0.5% sodium hypochlorite
  - 0.1% sodium hypochlorite deactivated SARS/MERS 1-minute*
  - Add bleach then carefully add water then combine
  - Spray on contaminated surfaces then let sit for 5-minutes

- Do not make this in a closed area (ventilation needed)

Personal Safety - Medications

- Paracetamol (acetaminophen)
- Ibuprofen (Advil)
- Salbutamol inhaler
- Decongestant (Sudafed)
- Imodium (Pepto-Bismol)
- Laxative (Ducolax)
- Antacid (Mylanta, Pepcid complete)
- Anti-histamine (Claritin)
- Sleep aid
- Eye comfort drops
- Female sanitary products
- Chicken soup, whisky
- Whatever else you like to cuddle yourself with when you are sick...
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Planning, Preparation & Risk Assessments

- Risk/Reward
- Environmental exposure risks
- Disinfectant, hand gel, PPE
- Transport
- Medical isolation plan/ preparedness
- Interviewing techniques
  - Distancing
  - Positioning
- Microphones
- Gender specific
- Decontamination
  - Self
  - Equipment
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• Any questions?
Summary

- This is a global pandemic that is currently accelerating out of control in almost all countries
- Please follow the health advice
- Don’t be surprised if you get sick