



Learning Seminar on Hygiene and Prevention against Covid-19

08th April, 2020



International
Labour
Organization





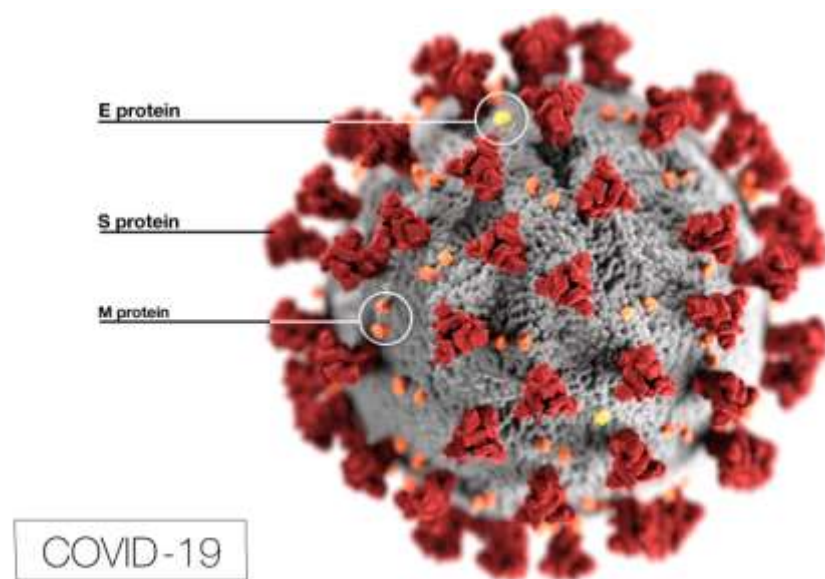
Content

- 1) What is Covid-19?
- 2) Understanding the Covid-19 and suspected case
- 3) Background on Covid-19 outbreaks
- 4) Statistics of Covid-19
- 5) How to get information from Covid-19
- 6) Understanding the precautionary measures and preventive controls.



1) What is Covid-19?

- ♦ Coronavirus or called Covid-19
- ♦ Is a respiratory virus first identified in Wuhan, Hubei Province, China, in 2019.
- ♦ It had not been previously identified.
- ♦ It was suspected to be originated from animal to human. Currently the outbreaks from Human to Human.



[Click here to see the reference:](#)

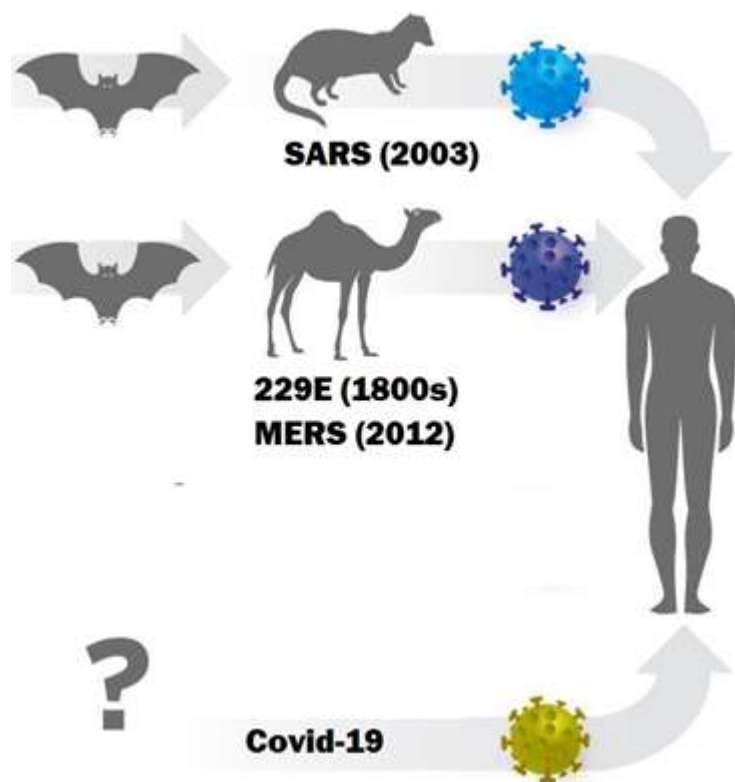


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2) Understanding the Covid-19 and suspected case

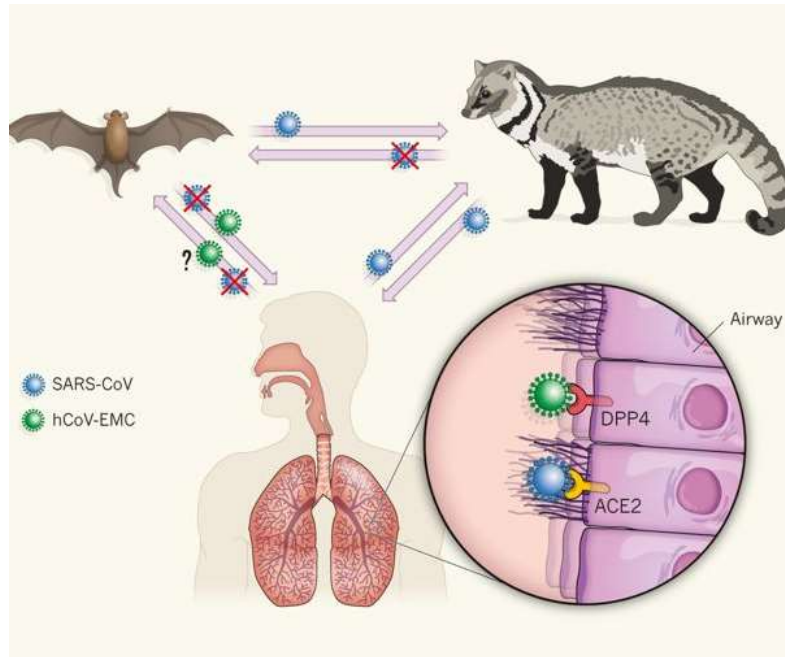
What is Coronavirus?



Coronaviruses are large family of viruses, some of which cause illness in humans, while others circulate among animals, including camels, cats, and bats.

1. SARS-Cov originated from civet cats
2. MERS-Cov originated from Camels
3. **COVID-19?**

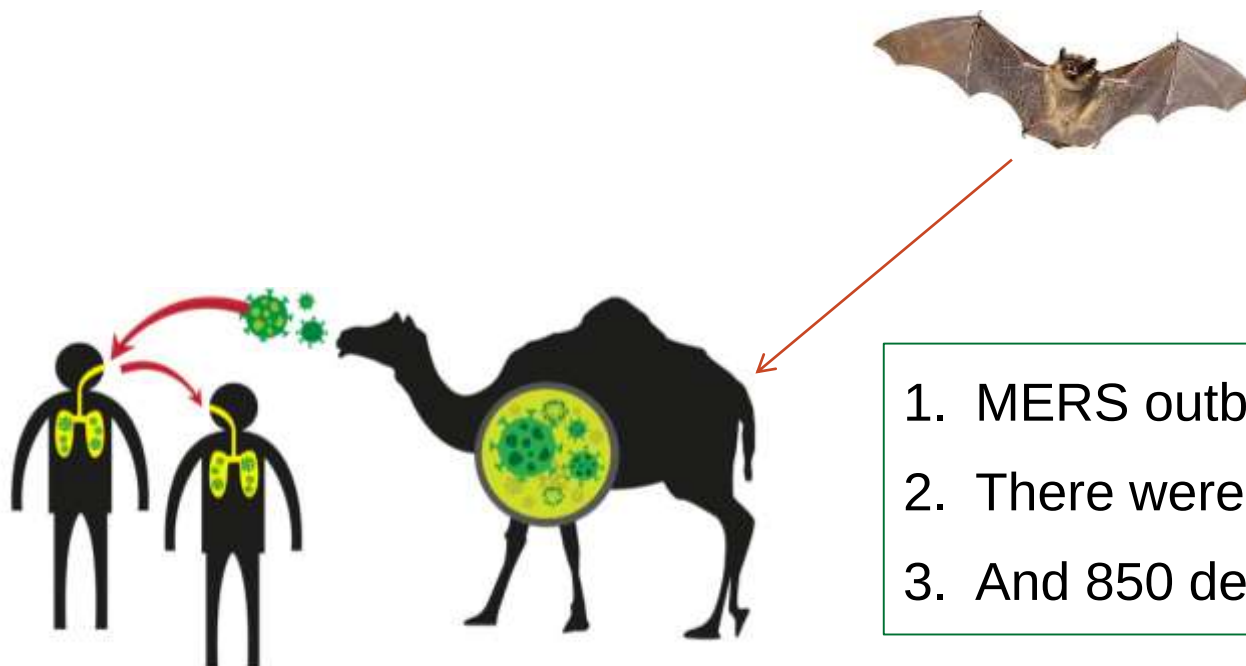
SARS-CoV infected human through civets cat.



SARS outbreaks in 2002 with 8,000 people infected and 800 death **(10% death)** and was controlled in 2003.



MERS-CoV infected human through Camels



1. MERS outbreaks in 2012
2. There were 2,465 infected
3. And 850 death **(34.5%)**



3) Background on Covid-19 Outbreaks

- ♦ Initially, it was suspected to be originated from animal
- ♦ Currently, the outbreaks is from **person to person**.
 - ♦ Person-to-person infection is thought to have happened mainly via respiratory **droplets** produced when an infected person **coughs or sneezes**, similarly to how influenza and other respiratory pathogens spread.
 - ♦ The droplets can go to other person's breathing through **eyes, mouth, and nose** within **3 feet (about 1 meter)** or falling to the surface or objects and the other persons touch it then **touches their breathing system** after that.
 - ♦ Or the person touch with confirmed infected person and they didn't keep their body and hands hygiene.



4) Statistic of Covid-19 (As of 7th April, 2020)

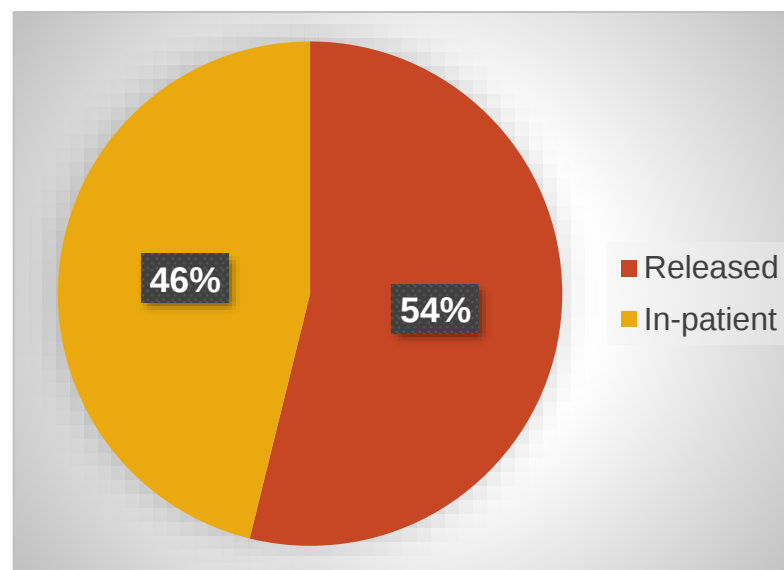
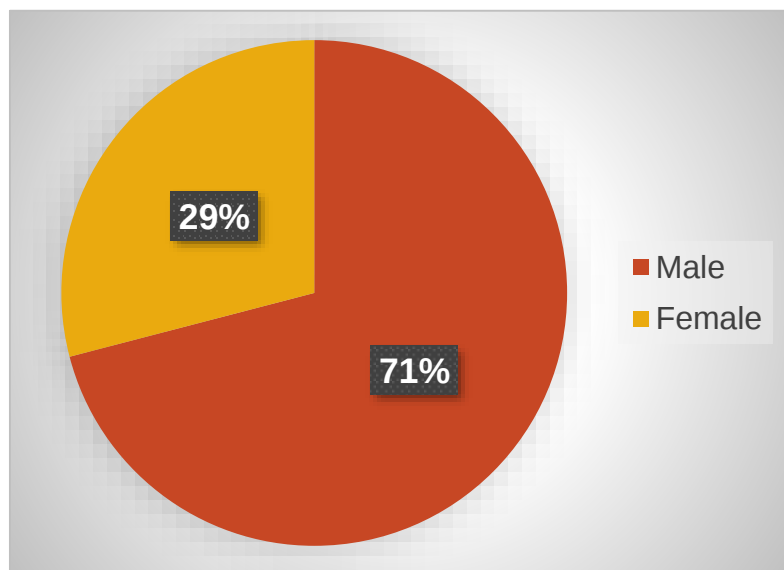
WHO Risk Assessment Global Level: Very High	Confirmed	New Confirmed	Death	Recent Death
Globally	1,279,722	68,766	72,614	5,020
Western Pacific Region	113,641	1,119	3,892	31
European Region	686,338	30,999	52,809	3,330
South-East Asia Region	9,132	304	362	18
Eastern Mediterranean Region	78,565	4,218	4,149	173
Regions of the America	384,242	31,650	11,097	1,417
African Region	7,092	476	294	51



4) Statistic of Covid-19 in Cambodia

As of 08th April, 2020 @7am

Total Infected	Male	Female	Released	In-patient
117	83	34	63	54



Risks

- **The Covid-19 infected to all ages!**
- Older people, and people with pre-existing medical conditions (such as Asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.
- The death rate is 5.4% (as of 7th April, 2020)



5) Suspected case of Covid-19



- ♦ The above 3 signs (Fever with hot temperature, cough or sneeze, and difficult breathing are still needed additional information to confirm the infection:
 - ♦ The history of traveling to the infected countries or infected areas or
 - ♦ Living or keeping close with the confirmed infected person(s).



Covid-19 Case Definitions

(As of 10th March, 2020)

1st : A person with ONE of the following: Fever at least 38°C, cough, running nose, sore throat, shortness of breath, difficulty breathing.

AND

Within 14 days prior to date of symptom onset ONE of the following: History of travel to or residence in any countries/area outside Cambodia

OR

Close contact to a confirmed case.

2nd : A patient with severe acute respiratory infection (fever and at least one sign/symptom of respiratory disease (e.g. cough, shortness breath) AND requiring hospitalization AND with no other etiology that fully explains the clinical presentation.



6) Prevention

- ❖ When need to wash hands?
- ❖ How to hand wash and how to hand rub?
- ❖ What to do while getting cough or sneeze?
- ❖ How to prevent while communicating with each other?
- ❖ Physical and Social Distancing
- ❖ Precautionary
- ❖ Your 5 moments for hand hygiene
- ❖ Preventive ways during traveling
- ❖ When you need to consult?



When need to wash hands?



Wash hands frequently with hygiene water or Alcohol or Sanitized Gel.

- After cough or sneeze
- While taking care the patient
- While eating
- After leaving the toilets
- Before, during, and after preparting the meals
- When the hands get dirty
- After touching the animals



How to wash hands with soap (duration 40s-60s)





How to rub hands with sanitized gel (duration 20s-30s)



1a



1b



2



3



4



5



6



7



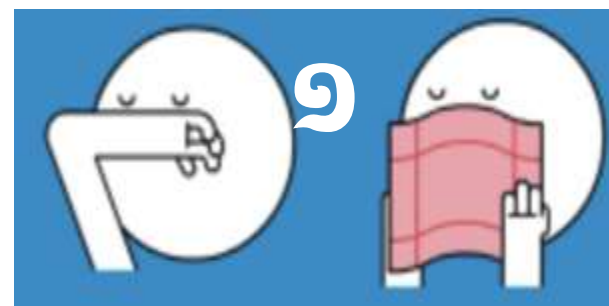
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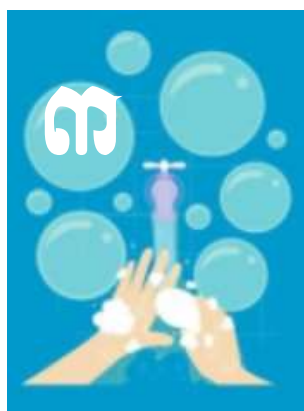
What to do while getting cough or sneeze?



1) Using elbows or tissues to cover mouth and nose when cough or sneeze.



2) Throw the tissues into the trash immediately.



3) Wash your hands to keep hygiene.

4) Keep physical and social distance at least 1 meter.





How to prevent while communicating with each other?

Avoid shake hands!

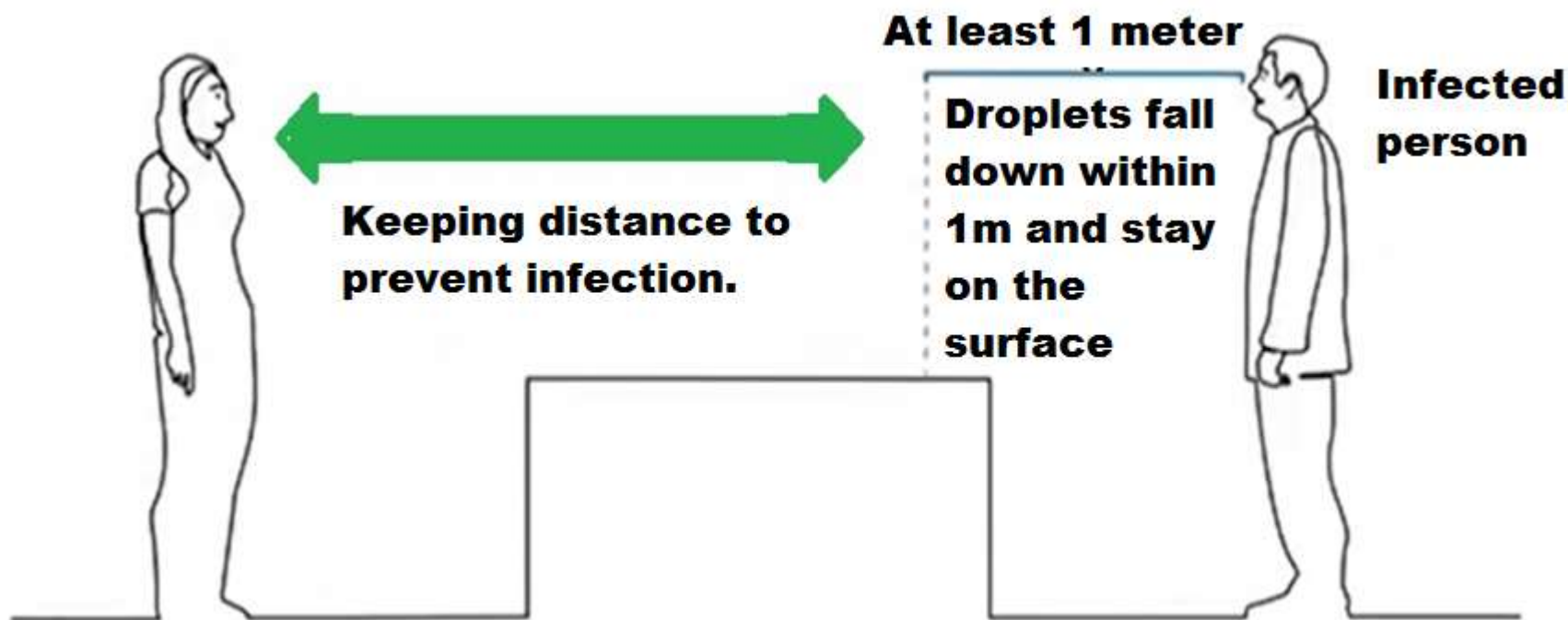


Greeting by keeping distance





Physical and Social Distance

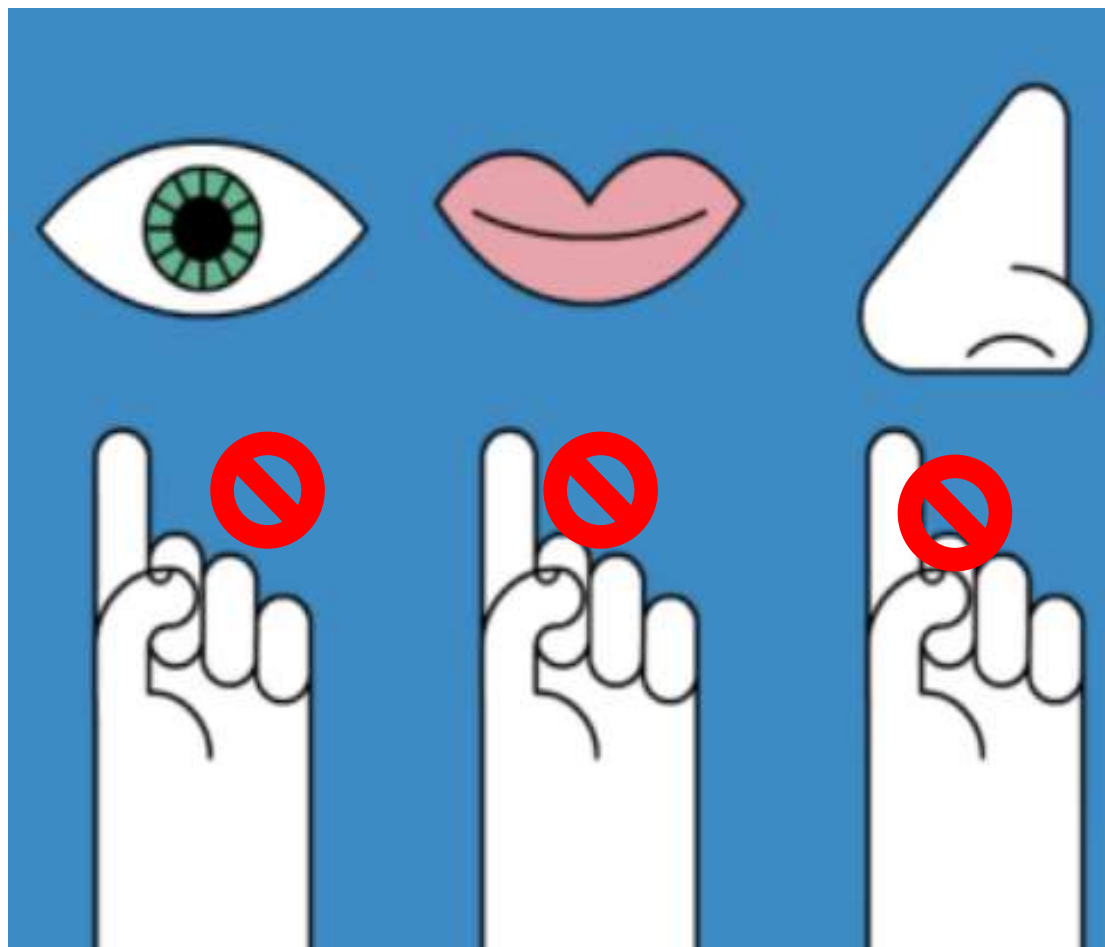


Precautionary

Avoid touching:

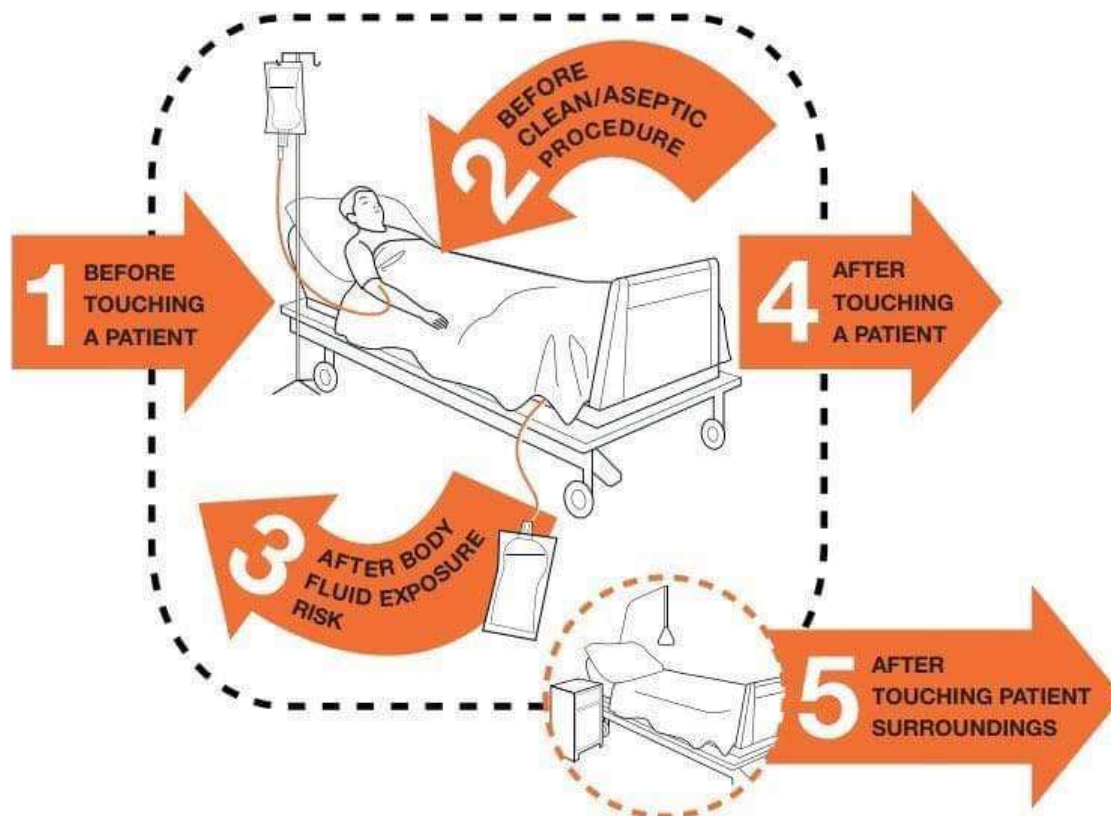
- Eyes
- Mouth
- Nose

Keep hands
hygiene frequently





Your 5 Moments for Hand Hygiene



Preventive ways during traveling

- Avoid traveling while getting fever, cough, or sneeze



- If getting fever, cough, sneeze and difficult breathing, please go to see doctor for consultation.

- Avoid touching people with fever, cough, or sneeze



- Keep hands hygiene through washing hands with soap, or sanitized gel.

Preventive ways during traveling

- ♦ Avoid touching nose, mouth, and eyes.



- When getting cough or sneeze, please using elbows or tissues to over nose and mouth then throw the tissues into the trash immediately then wash hands.



- For the right ways of wearing face mask, shall cover the mouth and nose and avoid touching the outer side then throw the used face masks into the trash immediately with hand washing to keep hygiene.

Preventive ways during traveling

- When getting sick during traveling, please seek the crew or medical staffs for treatment.



- For the treatment purpose, please tell the traveling history to the medical staffs.

- Eating only the well cooked meals





Preventive ways during traveling

No Spitting in the public areas!



Avoid traveling or touching the sick animal!



Protect the community

- ♦ If you feel not well, please seek the medical services
- ♦ If you are fever, cough, or difficult breathing, please stay at home and contact to the medical service provider.
- ♦ Do not share the news from the unofficial sources as to follow only the medical expertise or concerned authorities.





Protect your love people

- ♦ Cover your mouth and nose while getting cough or sneeze with tissues or elbows.
- ♦ Do not join the crowd if not necessary
- ♦ Wearing face masks when you get sick or while taking care the patients.



In case of necessary gathering

- ♦ Arrange the seats with distance at least 1 meter
- ♦ Shall have a small bottle of alcohol or gels for hand rubbing
- ♦ Shall measure and check the temperature for all the participants and in case of exceeding 38°C then keep isolating.
- ♦ Shall asking the participants for the symptom. In case of the participants getting cough, sneeze, fever, or difficult breathing then keep isolating.



No, antibiotics do not work against viruses, only bacteria.

The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.



#Coronavirus

Are antibiotics effective in preventing and treating the new coronavirus?





People of all ages can be infected by the new coronavirus (nCoV-2019).

Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.



#Coronavirus

Does the new coronavirus affect older people, or are younger people also susceptible?





To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials.

WHO is helping to accelerate research and development efforts with a range of partners.



#Coronavirus

Are there any specific medicines to prevent or treat the new coronavirus?





When to wear face mask?



1



If you are in good health, wearing face masks only when traveling or taking care the patient.

2



While getting cough or sneeze

3



For the effective prevention, shall wearing face masks and keep the hands hygiene by washing hands frequently.

4



If you are using face masks, you should now how to use and dispose properly.



Best practice Healthy Life



Having enough healthy foods and
drinking water

Regularly join the exercise



Enough sleep from 7-8 hours per day



When you need to consult?

When you get cough, sneeze, or difficult breathing, please seek the medical services for the consultation and telling the traveling history to the medical staffs.



**For more
information
please call:**

115 Free of charge



លេខទូរស័ព្ទប្រធានមន្ទីរសុខាភិបាលរាជធានីខេត្ត

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លេខទូរស័ព្ទ ២០ខ្សែ បន្ថែម

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ដោយ ១១៥ មាតការណែនាំ

វីរុសថ្មី COVID-19

077 869 214	012 766 462
077 201 653	012 958 179
077 390 592	099 966 779
089 233 847	099 629214
017 852 092	011 202 029
017 975 280	016 799 752
017851 773	078 990 566
017873 261	012 939 287
017 947 390	012 690 008
012612 005	012 454 526

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Thank you!



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