

Route of transmission of COVID-19

Dr CHEN Hong

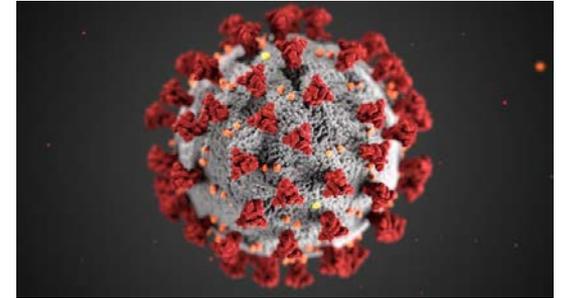
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19 March 2020

Coronavirus Disease 2019 (COVID-19)

- Causative agent
 - A novel coronavirus is found to be the causative agent, which named as SARS-CoV-2
- Clinical features
 - Symptoms of the cases include fever, malaise, dry cough and shortness of breath
 - Some cases were in serious condition
 - People of older age or having underlying disease are at a higher risk of deterioration into serious condition
- Incubation Period
 - Estimated range from 1 to 14 days, most commonly around 5 days



Courtesy of CDC

Coronavirus Disease 2019 (COVID-19)

- Routes of transmission

- The main mode of transmission is through respiratory droplets

- Droplet transmission: when the mucous membrane of the eyes, nose and mouth of a susceptible person come into contact with infectious respiratory droplets

- Can also be transmitted through contact

- Direct contact: direct contact with secretions or other body fluid
 - Indirect contact: contact with contaminated object or environment

Prevention

- There is no vaccine for this infectious disease at the moment
- Daily life
 - To maintain at all times strict personal and environmental hygiene is key to personal protection against infection and prevention of the spread of the disease in the community
- During work
 - Strictly comply with IC recommendations, especially HH and appropriate use of PPE



Hand Hygiene

Hand hygiene is the single most important measure of reducing the spread of diseases.

- Perform hand hygiene frequently.
- Wash hands with soap and water when hands are visibly dirty or visible soiled with blood, body fluid, after using the toilet or changing the diapers.
- When hands are not visibly soiled, 70-80% alcohol-based handrub is also an effective alternative.



Rub hands for at least 20 seconds

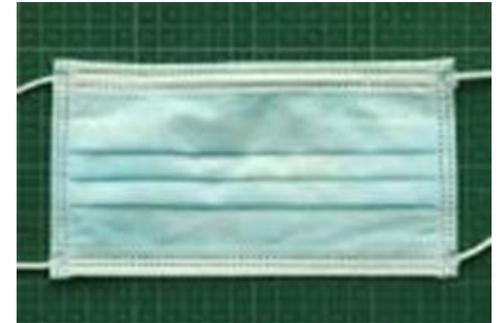
Hand hygiene technique



潔手技巧 搓手 20 秒

Personal Protective Equipment (PPE)

- The primary use of PPE is to protect healthcare workers and reduce opportunities for transmission of microorganisms in healthcare facilities
- Appropriate use of PPE can safeguard oneself and the others



Appropriate of PPE

- Routes of transmission



Aerosol Generating Procedures

- Risk assessment

- Nature of contact
- Working environment



WHO - The COVID-19 Risk Communication Package For Healthcare Facilities

The COVID-19 Risk Communication Package For Healthcare Facilities



This package provides healthcare facility management and healthcare workers with an overview of the key actions required to keep safe and healthy in the workplace.

Updated March 2, 2020.

This toolkit is designed to be easily edited, printed and shared. The layout is suitable for any ISO-sized paper (A4, A3, A2).

Images and text have been separated so the layout can be adjusted depending on the requirements.

To print, export the files as PDF or PNG and send to the printer. For borderless printing, the image may be scaled to fit the printable area and trimmed along the edges.

Novel Coronavirus COVID-19

FOR HEALTHCARE WORKERS

Personal Protective Equipment (PPE) According to Healthcare Activities

Remember Hand hygiene is always important. Clean hands before putting on, and after taking off, PPE.

Triage/points of entry screening personnel
medical mask

Collecting respiratory specimens
goggles OR face shield
Respirator (N95 or FFP2)
gown
gloves

Caring for a suspected/confirmed case of COVID-19 with NO aerosol-generating procedure
goggles OR face shield
gown
medical mask
gloves

Caring for a suspected/confirmed case of COVID-19 WITH aerosol-generating procedure
goggles OR face shield
Respirator (N95 or FFP2)
gown
gloves

Transport of suspected/confirmed case of COVID-19, including direct care
goggles OR face shield
medical mask
gown
gloves

WHO WPRO

CHP - Recommended Personal Protective Equipment (PPE) in hospitals/clinics under Serious/ Emergency Response Level Coronavirus disease (COVID-19) (Interim)



衛生防護中心
Centre for Health Protection

Infection Control Branch

Recommended Personal Protective Equipment (PPE) in hospitals/clinics under Serious/ Emergency Response Level
Coronavirus disease (COVID-19)
(Interim)

Last updated:
2 March 2020

Recommended Personal Protective Equipment for routine patient care and performing aerosol-generating procedures in hospitals/clinics under **Serious / Emergency Response Level.**

Apply Standard Precautions +/- transmission based precautions for all patients			
Areas	Activities	Serious Response Level	Emergency Response Level
		Recommended PPE	
High-risk patient areas I. Triage stations of Out-patient Clinics and AEDs	Routine patient care and aerosol-generating procedures (a,b)	<ul style="list-style-type: none"> Surgical mask eye protection (d) gown gloves cap(optional) Use N95 respirator when performing aerosol-generating procedures.	<ul style="list-style-type: none"> Surgical mask eye protection (d) gown gloves cap(optional) Use N95 respirator when performing aerosol-generating procedures.
	High-risk patient areas II. Designated clinics III. Isolation rooms (including isolation rooms in ICU and AEDs)	Routine patient care and aerosol-generating procedures (a,b)	<ul style="list-style-type: none"> N95 respirator eye protection (d) gown gloves cap(optional) Use N95 respirator when performing aerosol-generating procedures.
	No patient contact (e.g. outside patient room)	<ul style="list-style-type: none"> Surgical mask 	<ul style="list-style-type: none"> Surgical mask
Other patient areas	Routine patient care	<ul style="list-style-type: none"> Surgical mask, Standard Precautions +/- transmission based precautions 	<ul style="list-style-type: none"> Surgical mask, Standard Precautions +/- transmission based precautions
	Aerosol-generating procedures (a,c,e)	<ul style="list-style-type: none"> N95 respirator eye protection (d) gown gloves cap (optional) 	<ul style="list-style-type: none"> N95 respirator eye protection (d) gown gloves cap (optional)
	No patient contact	<ul style="list-style-type: none"> Surgical mask is required in patient areas 	<ul style="list-style-type: none"> Surgical mask is required in ALL areas

Why not always N95?

Acta Neurol Scand 2006; 113: 199–202 DOI: 10.1111/j.1600-0404.2005.00560.x

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ACTA NEUROLOGICA
SCANDINAVICA

- According to a study in Singapore involving 212 health care workers:
- continuous use of the N95 face-mask exceeding 4 hours were associated with development of headaches.

Headaches and the N95 face-mask amongst healthcare providers

Lim ECH, Seet RCS, Lee K-H, Wilder-Smith EPV, Chuah BYS, Ong BKC. Headaches and the N95 face-mask amongst healthcare providers. Acta Neurol Scand 2006; 113: 199–202
© 2006 The Authors Journal compilation © 2006 Blackwell Munksgaard.

Background: During the 2003 severe acute respiratory distress syndrome epidemic, healthcare workers mandatorily wore the protective N95 face-mask. **Methods:** We administered a survey to healthcare workers to determine risk factors associated with development of headaches (frequency, headache subtypes and duration of face-mask wear) and the impact of headaches (sick days, headache frequency and use of abortive/preventive headache medications). **Results:** In the survey, 212 (47 male, 165 female) healthcare workers of mean age 31 years (range, 21–58) participated. Of the 79 (37.3%) respondents who reported face-mask-associated headaches, 26 (32.9%) reported headache frequency exceeding six times per month. Six (7.6%) had taken sick leave from March 2003 to June 2004 (mean 2 days; range 1–4 days) and 47 (59.5%) required use of abortive analgesics because of headache. Four (2.1%) took preventive medications for headaches during this period. Multivariate logistic regression showed that pre-existing headaches [$P = 0.041$, OR = 1.97 (95% CI 1.03–3.77)] and continuous use of the N95 face-mask exceeding 4 h [$P = 0.053$, OR = 1.85 (95% CI 0.99–3.43)] were associated with development of headaches. **Conclusions:** Healthcare providers may develop headaches following the use of the N95 face-mask. Shorter duration of face-mask wear may reduce the frequency and severity of these headaches.

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Keywords: headaches; N95; frequency; risk factors; severity

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Accepted for publication November 11, 2005

Why not always N95?



霧霾藏隱形殺手PM2.5 邊種口罩最有保護力?

社會 18:48 2019/12/21 16 讚

熱門 口罩防疫措施 停課不停學 口罩供應 武漢肺炎 大選圖 劇情預告 法蘭克絲 星夢劇場肺炎 開心運送

防毒霧霾邊種口罩好? Topick			
	活性炭口罩	普通外科口罩	N95口罩
特性	吸附揮發性有機物及口氣	防飛沫飛出	過濾懸浮粒子
防PM2.5能力	30%	30-70%	95%以上

專家指長戴N95或頭痛 外科口罩已可阻隔飛沫

on.cc 東網 | on.cc 東網
發布時間 2020年1月23日 18:12
更新時間 2020年1月23日 18:12

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3. N95/N100口罩

梁宗存表示，N95口罩中的「95」，是指能隔離95%空氣中的懸浮粒子，因N95口罩的口和鼻位都有橡筋緊箍著，形成密封的狀態，故N95口罩可隔離大部分及較細的污染物。

但許樹昌認為，N100較N95更能阻擋懸浮粒子，但由於PM2.5的體積過於微小、難以完全隔離。由於N95與N100口罩過於密封，長期帶若半小時後，便容易出現頭痛的問題，不適宜在社區長期使用。

Summary

- The main mode of transmission of COVID-19 is through respiratory droplets
- To maintain at all times strict personal and environmental hygiene is key to personal protection against infection and prevention of the spread of the disease in the community
- Strictly comply with IC recommendations, especially HH and appropriate use of PPE, can protect staff against the risk of COVID-19 while working in the clinic setting

Thank you

Supplementary slides

What is aerosol?

Aerosol refers to particles in suspension in a gas, such as small droplets in air

Nature	Aerodynamic Diameter	Implication on disease transmission	
Droplet Nuclei (Aerosol)	< 5 μm	<ul style="list-style-type: none"> Follow airflow streamline, capable of short and long range transmission 	<ul style="list-style-type: none"> Readily penetrates the airways all the way down to alveolar space
	< 10 μm		<ul style="list-style-type: none"> Readily penetrates below the glottis
Intermediate Droplet	10–20 μm	<ul style="list-style-type: none"> Share some properties of both small and large droplets, settle more quickly than particles < 10 μm and potentially carry a smaller infectious dose than > 20 μm droplets 	
Large Droplet	> 20 μm	<ul style="list-style-type: none"> Falling mostly under the influence of gravity Too large to follow inhalation airflow streamlines Surgical masks would be effective as they will act as a direct physical barrier to droplets that are too large to be inhaled into the respiratory tract around the sides of the mask Less likely for depositing and initiating an lower RTI since they will impact onto respiratory epithelial mucosal surfaces or be trapped by cilia before reaching the lower respiratory tract 	

Source: Recognition of aerosol transmission of infectious agents: a commentary (2019)
<https://bmcinfectdis.biomedcentral.com/articles/10.1186/s12879-019-3707-y>

Aerosol Generating Procedures (AGP)

- Aerosols are produced when an air current moves across the surface of a film of liquid, the greater the force of the air, the smaller the particles that are produced.¹
- An AGP is defined as any medical procedure that can induce the production of aerosols of various sizes, including droplet nuclei.¹
- AGPs are procedures that stimulate coughing and promote the generation of aerosols.²

Sources:

- Infection prevention and control of epidemic- and pandemic-prone acute respiratory infections in health care WHO 2014
- Aerosol Generating Procedures, Health Service Executive 2013

Aerosol Generating Procedures (AGP)

- With documented increased in risk of respiratory infection transmission
 - Endotracheal intubation
 - cardiopulmonary resuscitation
 - Bronchoscopy
 - open suctioning of respiratory tract (including tracheostomy care)
 - autopsy
 - non-invasive positive pressure ventilation (BiPAP & CPAP)
- With controversial/ limited studies evaluating the risk of respiratory infection transmission
 - high-frequency oscillatory ventilation
 - nebulizer therapy
 - sputum induction
- Nasopharyngeal aspiration (NPA) and high flow oxygen are theoretically at risk of dispersal of infectious respiratory droplets, therefore they should be performed in conditions as required for aerosol-generating procedures in high-risk patient areas

