

# Coronavirus disease (COVID-19)



**Updated 20 March for Western Cape, SA.**  
NOTE: information on Coronavirus will change every few days: please check [www.knowledgetranslation.co.za/resources](http://www.knowledgetranslation.co.za/resources) for latest versions.

## 1 Screen all patients at a triage station before facility entrance

- Ensure triage staff wear a surgical mask.
- Have soap and water handwashing stations available for all people entering and working at facility.
- Screen all patients for acute respiratory symptoms (fever, cough, sore throat or difficulty breathing), provide a mask and send to separate waiting area for COVID-19 assessment.

## 2 In the separate COVID-19 waiting area, decide if this patient meets criteria for Person Under Investigation (PUI):

Ask: In the last 14 days:

1. Have you been in close contact (e.g face-to face contact, been in a closed room/vehicle) with confirmed (tested positive) or probable case of COVID-19?
2. Have you travelled to an area where there is local community spread of COVID-19 (if unsure, check [www.nicd.ac.za](http://www.nicd.ac.za))?
3. Have you been to or worked in a facility where a COVID-19 case has been diagnosed?

Yes to any

Consider patient a **Person under Investigation (PUI)** for COVID-19

No to all

## 3 Ensure you have isolated patient and wear personal protective equipment: see overleaf

**Give urgent attention to a Person Under Investigation (PUI) for COVID-19 and any of:**

- Difficulty breathing
- Breathless at rest or while talking
- Respiratory rate  $\geq 30$
- Oxygen saturation  $< 94\%$
- Confused or agitated

**Give oxygen and refer urgently.** Inform ambulance and referral hospital that patient is a PUI for COVID-19. If known with heart/lung disease, discuss with referral hospital if any other management needed. Clean and disinfect after patient (see overleaf).

**Approach to a Person under Investigation (PUI) not needing urgent attention**

## 4 Consult a specialist

- Contact Infectious Disease specialist according to drainage area: Tygerberg: **083 419 1452** or 021 938 4911 or 021 938 9645; Groote Schuur: **021 404 9111**
- If difficulty reaching specialist, phone NICD hotline at **0800 11 1131** or **082 883 9920** or **066 562 4021**, or phone provincial hotline on **021 928 4102**.
- If unable reach any of above, send an SMS with your name and query to NICD on **066 562 4021**.

## 5 Follow advice from Infectious Disease specialist/NICD

- Manage further at facility or refer according to drainage area.
- Collect naso- and oro-pharyngeal swabs and/or other specimens (e.g bloods).
- Complete request forms (see box).
- If discharged home, ensure you have patient's correct address and contact details (including backup phone number), and:
  - Advise patient to self-isolate for 14 days and educate about hand and cough hygiene: give relevant information leaflets.
  - Advise to wear mask when in contact with others.

### Forms to complete

- If not available, find these under "COVID-19 technical resources" on [www.nicd.ac.za](http://www.nicd.ac.za).
- Scan and email to [ncov@nicd.ac.za](mailto:ncov@nicd.ac.za) before sending specimens.

1. Person Under Investigation (PUI) form: Request for 2019-nCov Testing)
2. Centre for Respiratory and Meningitis Specimen Submission form
3. 2019 nCoV contact line list form

## 6 Notify and report close contacts<sup>1</sup> using contact line list form (see box)

Phone Provincial Communicable Disease Control (CDC) on any of:

021 483 9964 | 021 483 3156 | 021 483 6878 | 072 356 5146 | 073 177 4735

## 7 Clean and disinfect after patient: see overleaf

### COVID-19 unlikely

- Reassure the patient.
- Manage symptoms as per PACK Adult symptom pages.
- Advise patient to stay home and rest until better. Educate about hand and cough hygiene: give information leaflets on this. Advise to wear mask when in contact with others.
- Advise patient to call General Public Hotline on **0800 029 999** or return if condition worsens.



Scan QR code to access NICD website: [www.nicd.ac.za](http://www.nicd.ac.za)

<sup>1</sup>Close contacts include: those in the same household or workplace; health care workers (not wearing personal protective equipment); those with whom patient has had face-to face contact or been in a closed environment. If recent air travel: record known travel companions and flight details.

# Protect yourself from COVID-19



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## Wear personal protective equipment if:

- Entering a room with a suspected or confirmed COVID-19 patient.
- Cleaning and disinfecting following a COVID-19 suspect

## Use the following personal protective equipment to protect yourself from COVID-19:

- Disposable **gloves**
- **Apron** or clean, long-sleeve gown if available
- Surgical **mask** that covers your mouth and nose.
  - Wear a fit-tested N95 respirator only if taking naso-/oro- pharyngeal specimens or intubating a Person Under Investigation.
- Eye protection: goggles or a **visor**
- Note: boots and coverall suits are **not** needed

## When to change personal protective equipment

- If close contact with patient, change personal protective equipment before seeing next patient.
- Discard personal protective equipment in medical waste box with a lid.
- Wash your hands well.

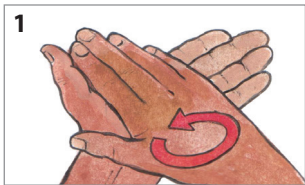
**Avoid touching your face with gloves or bare hands until after you have washed your hands.**

## Remember the 5 moments for hand hygiene:

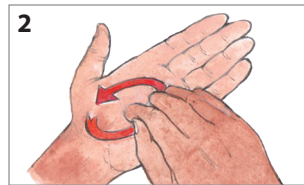
1. Before touching a patient
2. After touching a patient
3. After touching patient surroundings
4. After exposure to body fluid
5. Before doing a procedure

## Wash your hands well

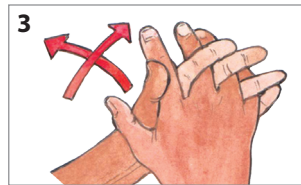
- If washing, roll up sleeves, rinse hands in clean water and apply soap to palm. If sanitiser, apply palmful to cupped hand.
- Use water and soap, or if unavailable, sanitiser. Follow these steps to wash or sanitise your hands for at least 20 seconds:



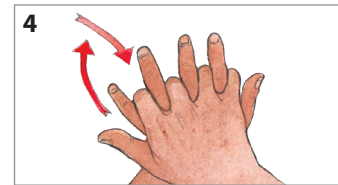
1 Rub palms together.



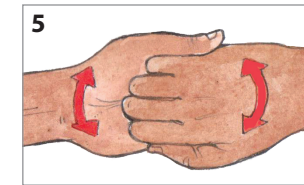
2 Rub tips of nails against palm. Swap hands.



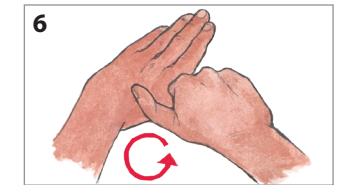
3 Rub fingers between each other.



4 Place one hand over back of other, rub between fingers. Swap hands.



5 Grip fingers and rub together.



6 Rub each thumb with opposite palm. Swap hands.

- If washing, rinse your hands with clean water and dry on paper towel or air dry.

# Protect your facility from COVID-19

- Ensure all staff understand the importance of implementing safe practices. Stay calm. Most people with COVID-19 have a mild illness.
- Clean all frequently touched surfaces in the workplace, such as workstations (e.g. telephones, keyboards), counter tops and doorknobs using soap & water. Then disinfect using sodium hypochlorite solution (or household bleach 4-5 teaspoons per 1 litre of water).
- After managing a PUI and before seeing next patient:
  - Discard all waste and non-reusable medical equipment used, including personal protective equipment, in medical waste box with a lid.
  - Disinfect equipment with 70% ethyl alcohol. Clean surfaces using soap & water. Then disinfect using sodium hypochlorite solution (or household bleach 4-5 teaspoons per 1 litre of water).

**If you start coughing or develop a fever, report your illness immediately to your facility manager, self-isolate and discuss with NICD/CDC and follow their advice.**

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