

# COVID-19 Training

## Prevention of COVID-19

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Faith Ministries Ebenezer Trust  
A HELPING HAND

MEDICAL MISSIONS

PRISONS MINISTRY

SOCIAL RESPONSIBILITY

# Recap

- What is COVID-19?
- Mode of disease spread
- Signs and Symptoms
- Situational analysis locally and globally
- COVID-19 testing



# Hand Hygiene

- Washing hands prevents spread of respiratory and diarrheal infections
- Unwashed hands transfer germs to frequently touched surfaces then transfer to another person's hands
- Need to wash hands *after*
  - you have been in a public place
  - touching an item or surface that may be frequently touched
  - door handles, tables, shopping carts, handsets, keypads of shared computers etc.
- *Before* touching your eyes, nose, or mouth because that's how germs enter our bodies



# Handwashing

## With soap and water

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub your hands for at least 20 seconds**
- Lathering and scrubbing hands creates friction, which lifts dirt, grease and microbes from skin so they can then be rinsed off
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them. Germs can be transferred more easily to and from wet hands; therefore, hands should be dried after washing

# Use Hand Sanitizer

- When you cannot use soap and water
- Must contain at least 60% alcohol
- Hand sanitizers not as effective when hands are visibly dirty or greasy (eg after eating)
- Ensure all surfaces of hands are covered and rub until dry, don't wipe off

On the downside :

- Hand sanitizers can cause alcohol poisoning if a person swallows more than a couple of mouthfuls
- Should be stored out of the reach of young children and should be used with adult supervision
- Older children and adults might purposefully swallow hand sanitizers to become drunk

# Cough Etiquette

- Always cover your mouth and nose with a tissue when you cough or sneeze , immediately dispose tissue
- Or use the inside of your elbow and do not spit.
- Immediately wash your hands with soap and water/ use hand sanitizer for at least 20 seconds



# Face Masks



- A simple barrier to help prevent respiratory droplets from traveling into the air and onto other people
- When the person wearing the mask coughs, sneezes, talks, or raises their voice
- The mask is meant to protect other people in case you are infected
- Everyone should wear a mask in public settings
- The mask is not a substitute for social distancing.



NO masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance



# Proper mask wearing

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face



# Proper mask wearing

- Do not put the mask around your neck or up on your forehead
- Do not touch the front of the mask
- If you do, wash your hands or use hand sanitizer to disinfect
- Remove mask from the back using the strings
- After removal and disposal, wash hands



# Proper mask wearing





## Face Shields

- Eye protection from the spray of respiratory particles
- Usually for hospital settings
- Not recommended for normal everyday activities
- *Not a substitute for masks*

**Gloves** recommended when you are cleaning or caring for someone who is sick

- Wearing gloves outside of these instances may lead to the spread of infection



Thank you!!



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