

A QUICK GUIDE TO CORONAVIRUS MANAGEMENT IN YOUR PRACTICE

If you are the patient:

Do you complain of the following symptoms:

- Cough
- Runny nose
- Sore throat
- Fever
- Shortness of breath
- Diarrhoea

And

Have you been in contact with a

- Known COVID-19 patient or
- Have travelled to China, Italy or Iran in the last 14 days or
- Have visited a hospital or clinic where patients with diagnosed COVID-19 were treated

Then:



Alert your healthcare provider! Rather wait outside in case of full waiting rooms - or phone him/her as a pre-warning.



What to do: Cover your mouth when coughing or sneezing with a tissue or use your elbow if desperate. If available use a face mask.



Watch against: Fake news! There is NO cure for the Corona virus yet (so a cup of garlic broth is not going to cure you from COVID-19!)

For a close contact of a patient diagnosed with COVID-19:

- Remain at home
- NICD will assist in providing an official letter to your employer if needed
- Avoid unnecessary social contact
- Avoid travel
- Remain reachable for monitoring
- Keep your employer up to date



What you must know:

Do not panic! Remember most of infected people will recover - but if you have other health problems or if you are HIV positive you should take extra precautions. The virus spreads from person to person via droplets, so make sure that you cover your mouth or face to protect your loved ones and yourself against the spread of the virus.

Bibliography

Murray, M. A., 2014. Equal Performance of Self-Collected and Health Care Worker-Collected Pharyngeal Swabs for Group A Streptococcus Testing by PCR. *Journal of Clinical Microbiology*, 52(2).

Satzke, C., 2013. Standard method for detecting upper respiratory carriage of *Streptococcus pneumoniae*: Updated recommendations from the World Health Organization Pneumococcal Carriage Working Group. *Vaccine*, 32(1)



Hotline: +27 82 883 9920

For the General Practitioner or other Healthcare Provider:

- Make provision for a waiting area outside in the open air or in an alternative area.
- Update the receptionist's infection control knowledge and what to do when a patient with respiratory symptoms presents themselves at the rooms.

Infection Control Measures:



Use surgical mask for the patient with symptoms



Wash hands regularly with soap and water, use hand sanitiser as an alternative



Avoid touching face with hands

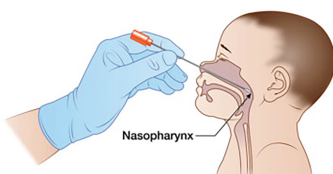


Provide additional protection, e.g. gloves, uniform

- Provide all coughing patients with a surgical mask and **ONLY** consult in a private room with adequate ventilation.
- Wear N95 respirator and eye protection when examining the patient and during specimen collection.
- Laboratory investigations:
Take nasopharyngeal or oropharyngeal swabs (see illustrations) and transport in triple layer packaging (Alert NICD hotline for instructions). Take blood for clotted serum (red tube). Transport in a cooler box with ice packs (2-8 degrees C).
- Notify provincial communicable disease coordinator or <http://www.nicd.ac.za/notifiable-medical-conditions/> if test is positive - Classified as Class 1 Respiratory Disease.
- **Treatment:** Symptomatic only!
No vaccines or anti-viral drugs are available.

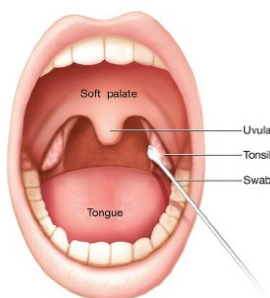
Stick to the case definition of COVID-19 (as above) and do laboratory investigations as per protocol of NICD

How to collect a nasopharyngeal swab



(Satzke, 2013)

Instructions for collecting a throat swab



(Murray, 2014)

1. Wash hands with soap and water.
2. Remove the swab from the package, holding it at the end of the stick.
3. Position yourself in front of the mirror, or in front of the person you will be swabbing.
4. Tilt the head back slightly, open the mouth wide to expose the tonsils and back of the throat.
5. Use the tongue depressor to hold the tongue away from the back of the throat.
6. Locate the areas of redness and white spots on the tonsils.
7. Rub the swab over the area, back and forth, avoid touching the tongue or roof of the mouth.
8. While holding the swab, remove the cap from the accompanying tube. **DO NOT LAY THE SWAB DOWN.**
9. Place the swab in the tube.
10. Wash your hands with soap and water.

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