

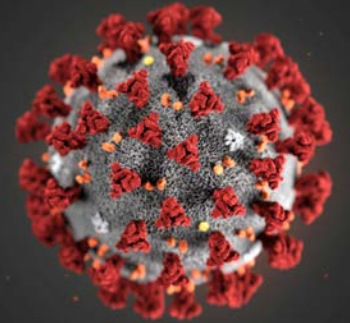
Coronavirus Pre-Quiz



<https://tinyurl.com/vlt7qmm>

Coronavirus Webinar

Dr. Kane Mortlock



Disclaimer

This is a short webinar covering what is presently known about the coronavirus pandemic. I'm a paramedic with a doctor's degree by research. It is likely I'll be in the front line of Australia's coronavirus response within a couple of weeks.

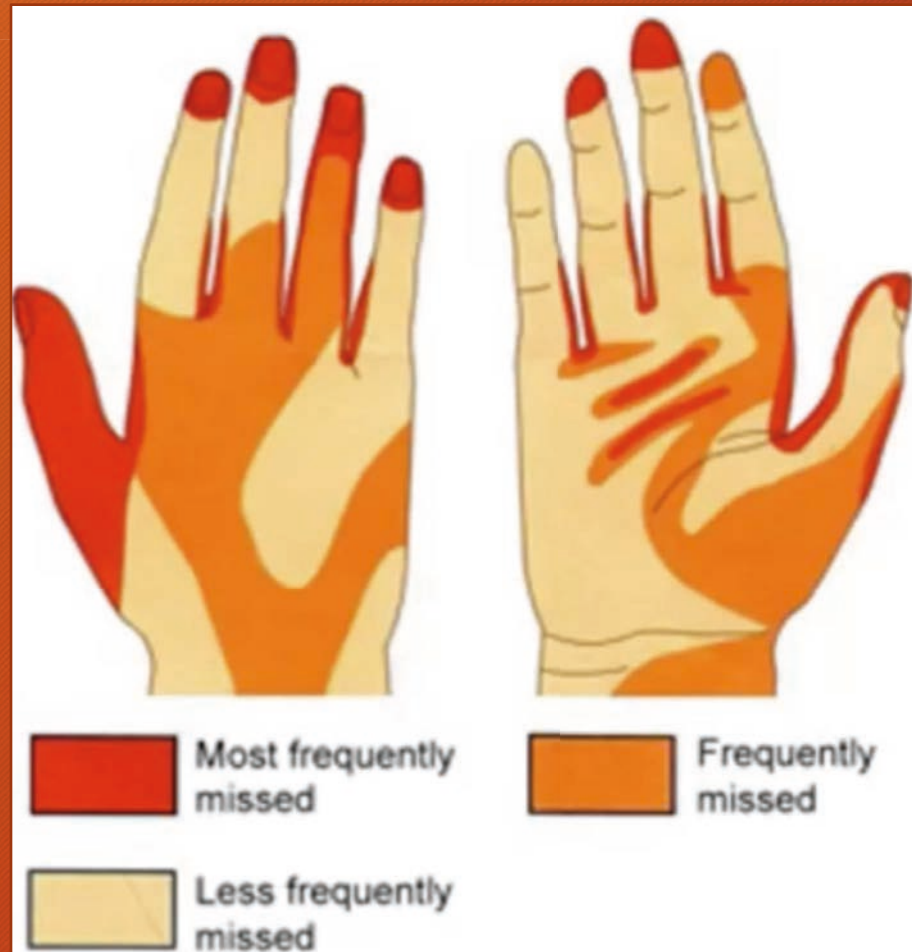
Coronavirus Webinar Structure

- Overview of Current Situation
- Social Distancing/Social Isolation, Surgical Masks Guidance
- Organisational Event Attendance Precautions
- Personal Safety
- Planning, Preparation and Conducting a Risk Assessment
- Q&A

Coronavirus Pre-Quiz Answers

Symptom	Proportion of Patients
Fever	99%
Fatigue	70%
Dry cough	59%
Loss of appetite	40%
Muscle pain	35%
Shortness of breath	31%
Coughing up phlegm	27%

Coronavirus Pre-Quiz Answers



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Overview of Current Situation

- SARS-CoV-2
 - Severe Acute Respiratory Syndrome Coronavirus 2
- COVID-19
 - Coronavirus disease discovered in 2019
- Genetic analysis on the virus reveals 2 different strains:
 - Type L (approx. 70% infections)
 - Type S (approx. 30% infections)

Overview of Current Situation

- For basic information, “what is a virus?” etc., go to Wikipedia
 - https://en.wikipedia.org/wiki/Severe_acute_respiratory_syndrome_coronavirus_2
 - https://en.wikipedia.org/wiki/Coronavirus_disease_2019
 - https://en.wikipedia.org/wiki/2019-20_coronavirus_pandemic
- For detailed information on epidemiology, pathophysiology and diagnostics
 - <https://www.youtube.com/watch?v=PWzbArPgo-o>

Overview of Current Situation

- For current numbers:
 - <https://www.worldometers.info/coronavirus/>
 - <https://coronavirus.jhu.edu/map.html?fbclid=IwAR2ypSngmkCQDaRMhn8ry7Qp3siW69lv7Eb0Wnj1L13BwPpc0reZeFhY890>
 - <https://www.ft.com/coronavirus-latest>
- For best practice current science:
 - <https://emcrit.org/ibcc/COVID19/?fbclid=IwAR05WiKuNH0XdvD3AsizgxwunD6FPearxOnvQp1KzU9OQbiMOXE91IPHVI>
 - <https://www.uptodate.com/home/covid-19-access>

Overview of Current Situation

- For some historical context/a comparison to other pandemics:
 - <https://www.visualcapitalist.com/history-of-pandemics-deadliest/?fbclid=IwAR31QksS86sMdAfZRkFnzsjyQBMz1oEzInnBme87-BNk7dKmyzmq-AYkCYY>

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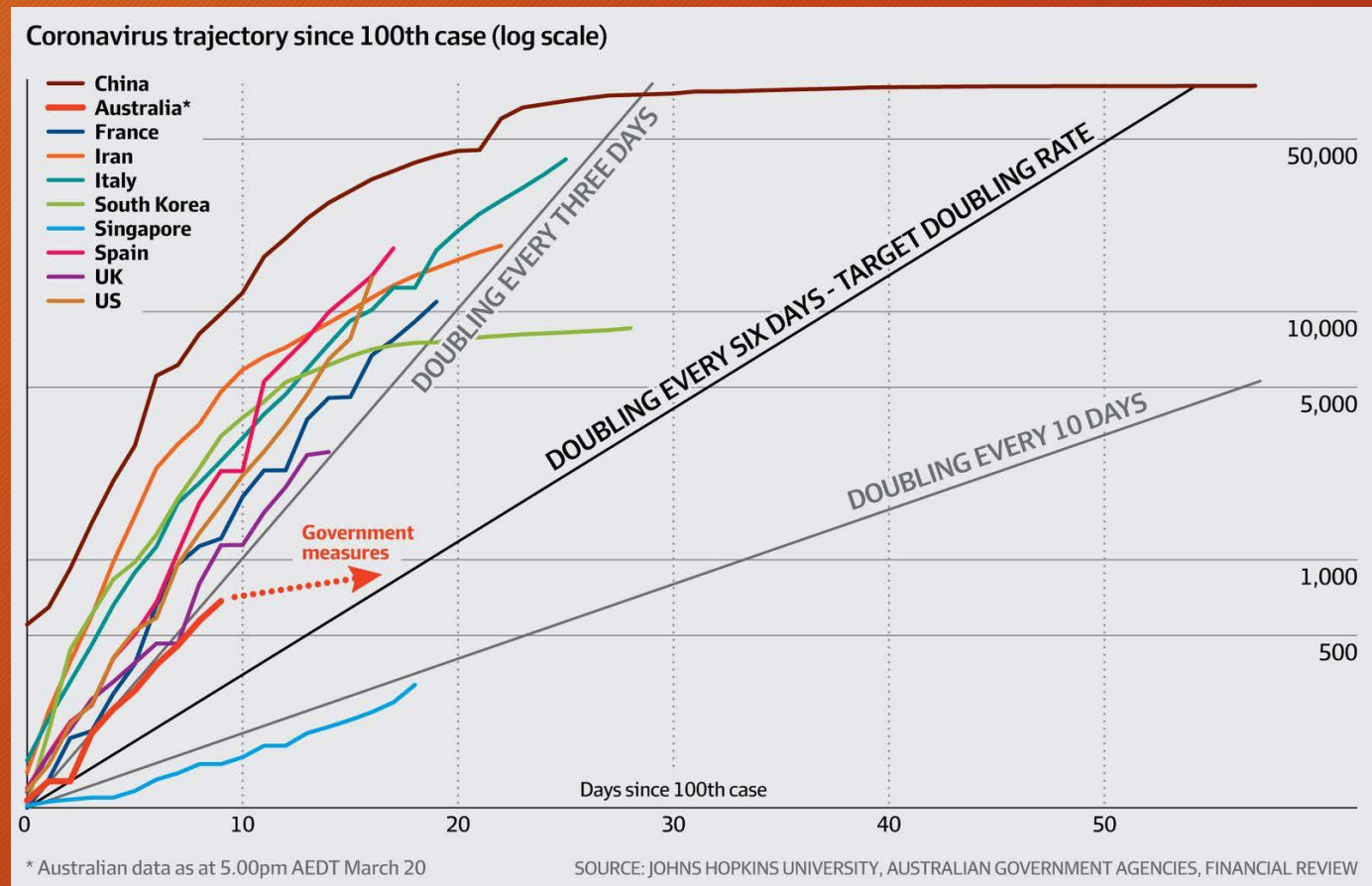
Social Distancing/Social Isolation



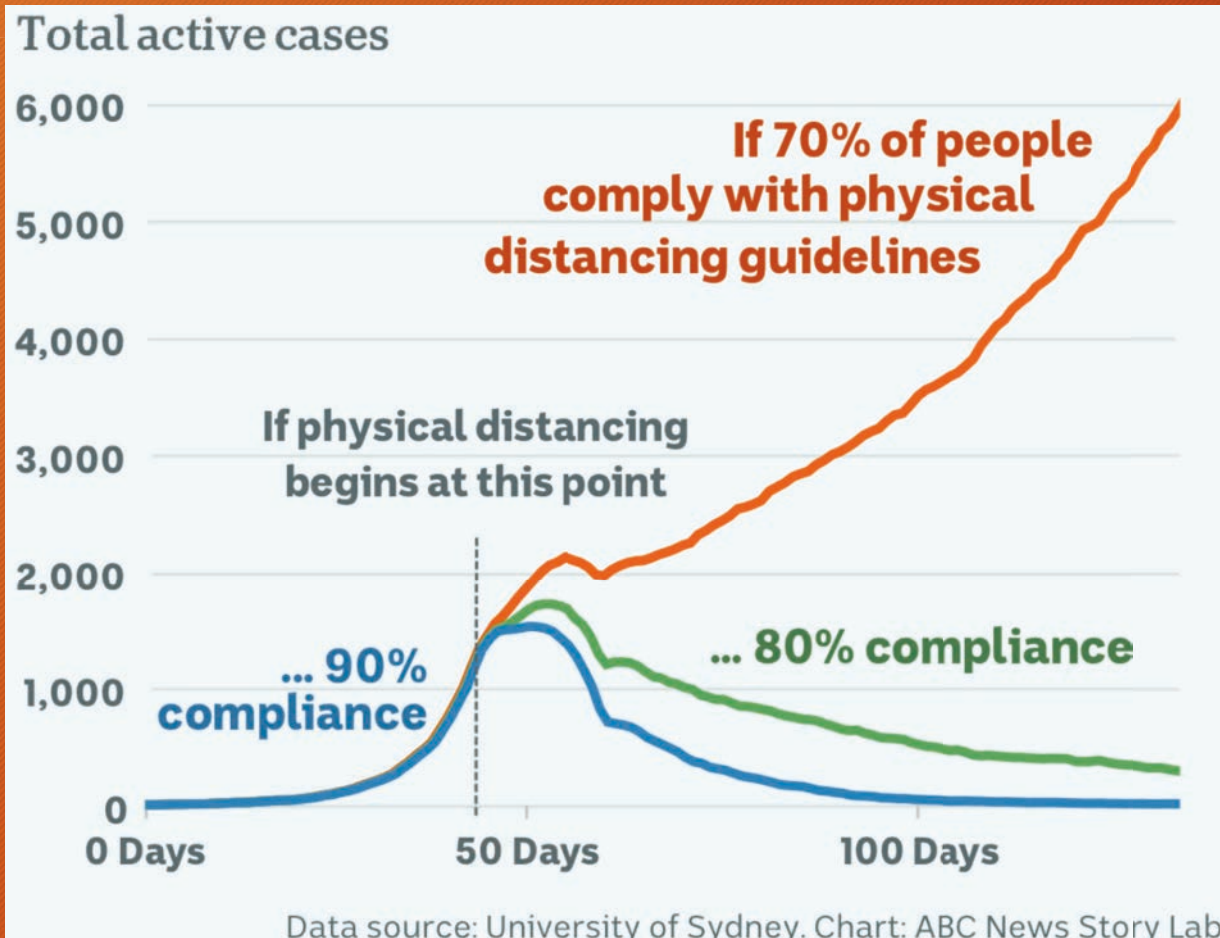
Social Distancing/Social Isolation

- Australian Government Department of Health Guidelines
https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-resources?utm_source=health.gov.au&utm_medium=redirect&utm_campaign=digital_transformation&utm_content=covid19-resources

Social Distancing/Social Isolation



Social Isolation/Social Isolation

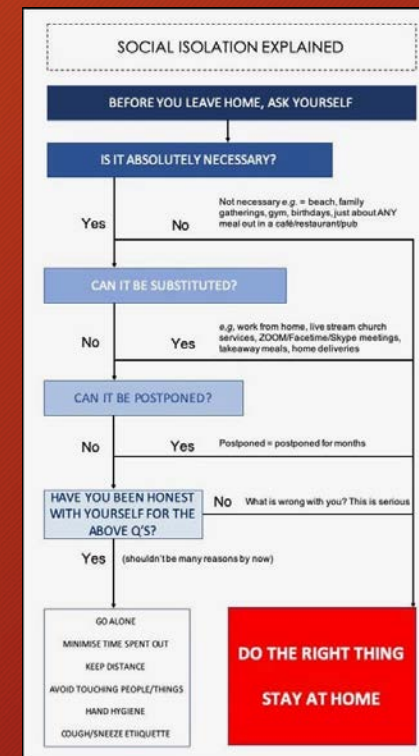


Chang, S. L., Harding, N., Zachreson, C., Cliff, O. M., Prokopenko, M., (2020). Modelling transmission and control of the COVID-19 pandemic in Australia. *Pre-print* available at <https://arxiv.org/pdf/2003.10218.pdf>

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Social Distancing/Social Isolation

- Social Isolation explained - a simple graphic



Surgical Mask Guidance

- World Health Organisation Video

Surgical Mask Guidance

- Centers for Disease Control and Prevention Guidance for extended use and reuse of N95 Respirators
<https://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html>

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Organisational Event Attendance Precautions

- A couple of checklists modelled from St John Ambulance Australia (NSW) requirements before they would show up at an event to offer service.

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Personal Safety

- Hand and clothes washing
- Masks
- Anti-septic
- Medications to have on hand in case you get sick

Personal Safety - Hand Washing

- Treat your home as a sterile field
- Soap, dishwashing soap, alcohol-based hand rub may be used
- If hands are soiled, use soap and water
- Whatever you use, use the following technique:

Personal Safety - Hand Washing



Personal Safety - Hand Washing

- WHO-recommended Hand Rub Formulations

Personal Safety - Masks

- The primary use for a mask is for people who are sick to wear them, so they don't infect others
- If you are going to be around people you know are Covid-19 positive, wear a mask and realise the outside of it is contaminated

Personal Safety - Masks

- [How to properly fit and test an N95-respirator mask video](#)

Personal Safety - Masks

- Careful you check the rating of the mask you have
- Improvised masks are ineffective and dangerous

Personal Safety - Anti-septic

- Hard surfaces and high use areas (doorknobs) should be disinfected regularly
- SARS-CoV-2 survival times on different surfaces

Table 1. Stability of infectious virus (Tabulated using data from Doremelan et al. 2020).

Surface type	COVID-2019		SARS-CoV-1	
	Half Life (h)	Detection Limit	Half Life (h)	Detection Limit
Aerosol	2.74	Up to 3 h	2.74	Up to 3 h
Copper	3.4	Up to 4 h	3.76	Up to 8 h
Cardboard	8.45	Up to 24 h	1.74	Up to 8 h
Steel	13.1	Up to 48 h	9.77	Up to 48 h
Plastic	15.9	Up to 72 h	17.7	Up to 48 h

Personal Safety - Anti-septic

- Disinfecting using bleach
 - 1 part 5% bleach to 9 parts water produces 0.5% sodium hypochlorite
 - 0.1% sodium hypochlorite deactivated SARS/MERS 1-minute*
 - Add bleach then carefully add water then combine
 - Spray on contaminated surfaces then let sit for 5-minutes
- Do not make this in a closed area (ventilation needed)

*Kampf, G., Todt, D., Pfaender, S., Steinmann, E. 2020. Persistence of coronaviruses on inanimate surfaces and their inactivation with biocidal agents. *Journal of Hospital Infection*, 104:246-251.

Personal Safety - Medications

- Paracetamol (acetaminophen)
- Ibuprofen (Advil)
- Salbutamol inhaler
- Decongestant (Sudafed)
- Imodium (Pepto-Bismol)
- Laxative (Ducolax)
- Antacid (Mylanta, Pepcid complete)
- Anti-histamine (Claritin)
- Sleep aid
- Eye comfort drops
- Female sanitary products
- Chicken soup, whisky
- Whatever else you like to cuddle yourself with when you are sick...

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Planning, Preparation & Risk Assessments

- Risk/Reward
- Environmental exposure risks
- Disinfectant, hand gel, PPE
- Transport
- Medical isolation plan/
preparedness
- Interviewing techniques
 - Distancing
 - Positioning
- Microphones
- Gender specific
- Decontamination
 - Self
 - Equipment

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Q&A

- Any questions?

Summary

- This is a global pandemic that is currently accelerating out of control in almost all countries
- Please follow the health advice
- Don't be surprised if you get sick