

# Covid -19

- Signs and Symptoms.
- How is it spread?
- Symptoms and isolation of Covid positives.



# Signs and symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- **High temperature**, at or above 37.8 degrees C.
- At least one of:
  - New **Continuous cough**.
  - Sore Throat.
  - Shortness of breath.
  - Respiratory symptoms.
- Loss or change in sense of **smell or taste**.

# These are not the only symptoms

- During the second wave, some of the Covid-19 cases are presenting with general viral symptoms:
  - General tiredness.
  - Headaches.
  - Sneezing.
  - General aches and pains.

# Severity of COVID-19 illness

- Most people have no obvious symptoms (30-40%).
- Most children get **mild disease**.
- **More severe disease** in; older people, diabetics, heart disease, chronic respiratory disease and immunocompromised.

# Infectious period of Covid-19

- **Infectious period** is defined as the time during which an infectious agent may be transferred directly or indirectly from an infected person to another person.
- The infectious period may begin 1-2 days before symptoms appear, but people are likely most infectious during the symptomatic period, even if symptoms are mild and very non-specific.
- Asymptomatic cases can spread the infection.



# How does the infection spread?

## Droplet and contact

- Large respiratory droplets are generated by coughing and sneezing.
- All secretions (except sweat) and excretions, including diarrhoeal stools from patients with known or suspected COVID-19 should be regarded as potentially infectious.

# Risk of spread by contact

- The virus can survive on environmental surfaces – the amount of surviving virus reduces dramatically after 72 hours, but may last up to 9 days on hard surfaces.
- The virus is easily inactivated on surfaces using bleach containing solutions (where appropriate) and standard detergents.
- The virus is easily inactivated on hands by washing with soap, water and drying, or by using alcohol-based hand gels.

# Risk of spread by contact cont.

- Covid mainly spreads from person to person but it can spread on objects and surfaces:
  - Door handles.
  - Computer keyboards.
  - Lift buttons.
  - Digital devices.
  - Pens.



# How to stop the spread in the community

- Clean your hands.
- Cough and sneeze into your bent elbow not your hands.
- Avoid touching your eyes, nose and mouth.
- Limit social gathering.
- Avoid contact with someone who is symptomatic.
- Wear face covering when in shops.
- Clean and disinfect your shopping trolley.

# Guidance for care homes

Assess each resident twice daily for the development of a temperature( $\geq 37.8^{\circ}\text{C}$ ), cough or other respiratory symptoms.

Immediately report residents with symptoms to:

RIT

GP

111

WUCTAS

# Risks that may cause an outbreak

- Staff coming to work when they have symptoms.
- Staff coming to work when someone at home has symptoms and they should be self isolating.
- Covid positive visitors.
- Poor Care Home Cleaning.
- Breaches in PPE use by staff or visitors.

# If you have a suspected case

- **Isolate** the resident – this is the most important step!
- Encourage the resident to wear a mask for personal care.
- Ask the resident to perform regular hand hygiene.
- Place the resident in a room and close the door – reassure them.
- Assess each resident to ensure they are safe when in isolation.
- Residents should have use of their own bathroom/toilet/commode.

# Let others know

- Report cases on your the local authority Sitrep.
- Speak to Community Infection Prevention.
- Speak to PHE 0345 225 3560.
- Track and trace will call you.
- Enhanced Health in Care Home Framework.
- Use NHS mail.



# Two or more cases

- Two or more Covid positive cases in a 14 day period indicates and outbreak.
- Staff and residents both count.
- If tests are positive, all cases must follow the national guidance irrespective of symptoms.
- Test positive cases, whether staff or resident, should not be retested for 90 days unless they develop symptoms.



# Others may have been exposed

- Any other resident who has been within 2 metres of the positive resident will have been exposed - a contact.
- Contacts should ideally be:
  - Isolated.
  - Monitored for symptoms for 14 days.

# Staff - Positive case

- Must be sent home to isolate for 10 days from the test.
- They must be asymptomatic when they return to work.
- Their household contacts must self isolate for 14 days:
  - Monitor for symptoms.
  - If symptomatic they should get tested.
  - Again if positive they should isolate for a further 10 days.



## What happens if someone in your family gets sick?



Source: Public Health England advice

BBC