



Questions on protection

1. How can the public prevent COVID-19?

- 1) Develop good personal hygiene habits. Pay attention to personal hygiene. Cover your mouth and nose with a tissue when coughing or sneezing. Wash your hands frequently. Do not touch your mouth, eyes, and nose with dirty hands, and do not spit on the ground.
- 2) Avoid dinner parties. People who have dinner together are in close contact with each other. The droplets produced by coughing and sneezing can directly contaminate the whole group of people who have dinner together and easily cause the spread of disease. In order to prevent the spread of the 2019-nCoV, please do not have dinner together.
- 3) Avoid public places. There are many people in public places with large turnover and complicated personnel composition. Once there are virus carriers, it is easy to cause human-to-human transmission, especially in crowded public places with poor air mobility, such as shopping malls, restaurants, cinemas, Internet cafes, KTV, stations, airports, docks and exhibition halls.
- 4) Open the window frequently for ventilation. The indoor environment is airtight, easy to cause bacteria breeding, increase the risk of human infectious disease. Frequent window ventilation can effectively reduce the content of indoor pathogenic microorganisms and other pollutants, the ultraviolet ray in the sun and sterilization. Therefore, windows should be opened every morning, noon and night for at least 15 minutes.
- 5) Keep the room clean. The door handle, remote control, mobile phone, telephone landline, toilet ring, children's toys, etc. are commonly used by family members. After being contaminated by germs, these items become important carriers and media for disease transmission. For the health of family members, they should always be cleaned with a wet towel or paper towel, if necessary, use a household disinfectant.



- 6) Wash your hands frequently. A variety of diseases can be transmitted by hand. For example, food contaminated by germs can spread digestive tract diseases, rubbing the eyes can transmit red eye disease, keratitis and other diseases, and pulling the nose can transmit respiratory diseases. Wash your hands promptly after returning home, before and after meals, and covering your mouth and nose with your hands when coughing or sneezing. When washing your hands, use running water and soap or hand sanitizer.
- 7) Wear a mask when going out. The public should wear disposable medical masks (children choose products with equivalent performance) when going out to public places, seeking medical treatment (except for fever clinics), and taking public transportation. Do not spit on the ground. Wrap nose and nose secretions with tissue paper, and dispose of them in a covered dustbin.
- 8) Develop a healthy lifestyle. Reasonable diet, not overeating, meat and eggs should be thoroughly cooked. Don't smoke, and don't drink too much. Balance work and rest, not staying up late, and do proper exercises.
- 9) Health monitoring. Try to avoid close contact with people who have symptoms of respiratory diseases such as fever, coughing or sneezing. Active temperature measurement when you feel consciously feverish. If there is a child in the family, touch the child's forehead in the morning and evening. If there is a fever, take a temperature measurement. If you find any symptoms of fever, dry cough, or fatigue in your family, please seek medical advice immediately.
- 10) Do not touch, hunt, process, transport, kill or eat wild animals.

(Reference: *Health Education Manual for COVID-19 Control* issued by National Health Commission and China Health Education Center)

2. What are close contacts?

Close contact refers to persons who have not taken adequate protection from close contact (within 1 meter) since 2 days before the onset of symptoms of suspected cases and confirmed cases, or since 2 days before the sampling were collected from asymptomatic patients. The specific contact conditions are as follows:

- 1) Cohabitation, study, work, or other close contacts, such as working close to one another, studying in the same classroom or living in the same house;
- 2) Health care workers, family members, or other people who have similar close contact during



diagnosing, treating, nursing and visiting the case, such as visiting the patients or staying with the patients in a closed environment, other patients in the same ward and their caregivers;

- 3) People who travel in the same vehicle and have close contact, including caregivers and accompanying people (family, colleagues, friends, etc.) on the vehicle, or other passengers and stewards who are in possible close contact with cases (suspected cases, confirmed cases) and infected people (mild cases, asymptomatic infections) after investigation and evaluation. *See Appendix 1 for Guidelines for judging close contacts of vehicles;*
- 4) People who are assessed by the field investigators as persons in contact with close contacts.

(Reference: *Prevention and control of COVID-19 (Fifth Edition)* issued by National Health Commission)

3. What should I do as a close contact?

Close contacts should be taken for centralized medical observation. In areas where conditions are not available, home-based isolation medical observation can be adopted, and the management of home observation objects should be strengthened. The medical observation period is 14 days after the last unprotected contact with the cases or cases with asymptomatic infection. Close contacts of confirmed cases and those with asymptomatic infections, if the tests are negative during the medical observation period, need to continue until the observation period expires.



People in centralized or home-based isolation medical observation should live relatively independently, minimize contact with co-residents, clean and disinfect medical observation sites, and avoid cross-infection. Do not go out during the observation period. People can only go out with the approval of the medical observation management staff, and wear disposable surgical masks and avoid going to crowded places.

Health risks should be notified to those who are in the same traffic, such as airplanes, trains, and ships, and those who are not in close contact with each other in living, studying, and working. They should seek medical attention in time if they have symptoms of respiratory infections such as fever and dry cough, and diarrhea and conjunctival congestion, also they should actively inform the recent activity history.

(Reference: *Prevention and control of COVID-19 (Fifth Edition)* issued by National Health Commission)

4. During the medical observation, what symptoms of close contacts need to seek medical attention?

During the medical observation, once the close contact has any symptoms (including fever, chills, dry cough, productive cough, nasal congestion, runny nose, sore throat, headache, fatigue, muscle aches, joint pain, shortness of breath, dyspnea, chest tightness, conjunctival congestion, nausea and vomiting, diarrhea, abdominal pain, etc.), it should be immediately reported to the local health department. According to the regulations, diagnosis and treatment are required in the designated hospitals, and the sampling should be collected for laboratory screening tests. If the result of the screening test suggested it is a suspected case or a confirmed case, medical observation should be performed on those who are in close contact with the case.

(Reference: *Prevention and control of COVID-19 (Fifth Edition)* issued by National Health Commission)

5. Why should close contacts be observed for 14 days?

The isolation period of an infectious disease is determined based on the incubation period of the disease. The incubation period refers to the period from the invasion of the pathogen to the clinical symptoms. The incubation period of COVID-19 is 1-14 days, mostly 3-7 days, and it is contagious during the incubation period. Considering the incubation period of diseases caused by other coronaviruses, the relevant information of the 2019-nCoV infection cases, and the current prevention and control efforts, the medical observation period for close contacts is set to 14 days.

(Reference: *Health Education Manual for COVID-19 Control* issued by National Health Commission and China Health Education Center)

6. What are the home precautions?

- 1) During the epidemic period, ordinary families are recommended to open the windows and ventilate rooms.
- 2) The surface of the ground, table, furniture and other objects should be cleaned daily and disinfected regularly.



- 3) Family members do not share towels, keep their rooms and tableware clean, and air quilts and clothes frequently.
- 4) Monitor the health of family members and yourselves. Active temperature measurement when you feel consciously feverish.
- 5) After going home, wash your hands with soap and running water, or disinfect your hands with an effective disinfectant.
- 6) When some family members have suspicious symptoms, they should be sent to the hospital on time, while others should protect themselves by quarantine measures. After the consultation, the isolation room and items contacted (such as the living room floor, bathroom, furniture countertops, door handles, dining utensils, etc.) should be disinfected. Wash your hands immediately after disinfection.

(Reference: *Guidelines for Public Prevention of Pneumonia Caused by 2019-nCoV Infection* issued by Chinese Center for Disease Control and Prevention; *PUMCH COVID-19 Prevention and Precautions Handbook* issued by Chinese Academy of Medical Sciences and Peking Union Medical College Hospital)

7. How to prevent 2019-nCoV infection in public places?

- 1) On the way to and from work: Wear disposable medical masks or N95 masks properly. Try not to use public transportation. Walking, cycling, or taking a private car or shuttle are recommended. Try to avoid touching any items in the car with your hands. After returning home, remove your mask and wash your hands first.
- 2) In the dining hall: Have meals in staggered batches instead of having all the people at once. It is recommended that employees bring their lunch boxes if possible and bring them back to the office to eat after purchasing the food to avoid the crowd.
- 3) Maintain air circulation in public places, open the windows for ventilation frequently, and avoid gatherings with many people.
- 4) Keep the environment clean and clean up the garbage in time.
- 5) In epidemic areas, the public should try their best to avoid going to public places, especially places with dense crowds and poor air circulation.



(Reference: *Guidelines for Public Prevention of Pneumonia Caused by 2019-nCoV Infection* issued by Chinese Center for Disease Control and Prevention; *PUMCH COVID-19 Prevention and Precautions Handbook* issued by Chinese Academy of Medical Sciences and Peking Union Medical College Hospital)

8. How to wash your hands properly?

Handwashing is one of the most direct and effective ways to reduce bacteria and viruses in your hands. Proper handwashing is the key. Proper handwashing refers to washing hands with running water and soap or liquid soap. Each hand should be rubbed for more than 20 seconds. Make sure that the palms, fingers, back of hands, finger seams, nail seams, wrists are cleaned. You can use an alcohol-based hand sanitizer if soap and water are not available.

- 1) Wet hands under running water.
- 2) Take an appropriate amount of liquid soap (soap) and apply it evenly to the entire palm, back of the hand and fingers.
- 3) Rub your hands carefully for at least 15 seconds, the specific operation is as follows (Figure).
- 4) Rinse hands thoroughly under running water.
- 5) Hold up some water, rinse the faucet, and then close the faucet (if it is an induction controlled faucet, do not do this step).
- 6) Dry your hands with a clean towel or paper towel, or air dry them.

Seven-step hand-washing method to prevent COVID-19



1) Wash palms: fingers close together, rub your hands palm to palm.



2) Wash back of hands: with your fingers linked through the other hand, use your right palm to rub the back of your left hand, then exchange.



3) Wash fingers: link your fingers together, facing each other, then rub your palms and fingers together.



4) Wash back of fingers: bend your fingers into an empty fist, rotate the knuckles in the palm of the other hand, and then exchange.



5) Wash thumbs: hold the thumb of the other hand with one hand, rotate and rub, and then exchange.



6) Wash fingertips: put your five fingertips together, put them in the palm of the other hand, rotate and rub, and then exchange.



7) Wash wrists: hold the wrist of the other hand, rotate and rub, and then exchange.

(Reference: *Health Education Manual for COVID-19 Control* issued by National Health Commission and China Health Education Center")

9. How to put on, use, take off and dispose of a mask?

During the COVID-19 epidemic, it is recommended to choose the right type of mask, and not to overprotect it. According to the type and risk level of the works of disease prevention and control, the following guidelines are proposed.