

CORONAVIRUS

What you need to know

The COVID 19 pandemic is unfolding.
Information presented is updated as of March 23, 2020.
ITPC will refresh content to keep pace with new guidance.

For our latest tools and resources, please visit <http://itpcglobal.org/resources>

Overview

- What is the coronavirus?
- Who is at risk for COVID-19?
- Transmission - how does COVID-19 spread?
- Preventing COVID-19?
- What happens if you get COVID-19?
- People Living with HIV & COVID-19
- Tuberculosis (TB) and COVID-19
- Testing
- Treatment
- Takeaways and resources



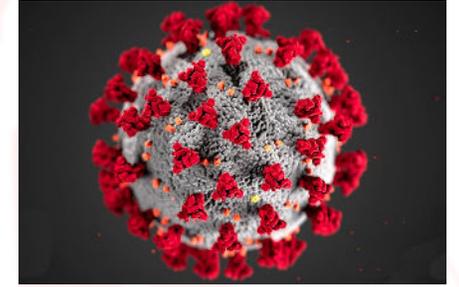
What is Coronavirus?

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What is Coronavirus?

Coronaviruses are part of a large **family of viruses** in animals and people, including ones that cause the common cold and other respiratory infections.



- The name **corona** refers to a **crown** because these viruses have crown-like spikes on their surface.
- The **illness caused by coronavirus** is called COVID-19.
 - *On 7 January 2020, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) was confirmed as the causative agent of coronavirus disease 2019 (COVID-19).*
- The term "COVID-19" is short way of saying "**Coronavirus Disease 2019**."
- COVID-19 is believed to have **started in Wuhan, China**, in December 2019.

What makes this a “novel” Coronavirus?

- Sometimes **coronaviruses that infect animals evolve and make people sick**. These are known as a **novel** or new coronavirus.
- The 2019 novel coronavirus **came from animals into people** (this is called zoonotic transmission). It is now spreading directly from person-to-person in most countries of the world.
- Examples of previous coronaviruses include:
 - Middle East Respiratory Syndrome Coronavirus (**MERS-CoV**), first reported from Saudi Arabia in 2012
 - Severe Acute Respiratory Syndrome Coronavirus (**SARS-CoV**), first recognized in China in 2002.
- The people who first became ill with COVID-19 were workers at a seafood, poultry and live wildlife market (called Huanan Seafood Wholesale Market) in the Jiangnan District of Hubei Province of China.

Who is at risk?



Who is at Risk for COVID-19?

- **Everyone!** ...which is why prevention is important!
 - Older adults (*age >60 and people with pre-existing conditions are at high risk for serious illness/death from COVID-19*)
- People who have **recently traveled** to countries where COVID-19 is common (such as China, Italy, Iran, South Korea, Germany and the USA).
- People who have **been in close contact with a person who has COVID-19.**
- **Healthcare workers** who do not have access to masks, gloves and gowns; they are heroically putting themselves at risk to care for others.

Transmission of COVID-19



How Does Coronavirus Spread?



- Coronavirus spreads through **tiny droplets that go into the air when an infected person coughs or sneezes**. These droplets can also land on surfaces around the person with COVID-19.
- Coronavirus passes from person to person when people **inhale these tiny droplets**, or when people **touch something that has coronavirus droplets** on it and then **touch their eyes, nose or mouth**.
- The coronavirus is also found in faeces (poop). Wash your hands thoroughly with soap and water (for at least 20 seconds) or hand sanitizer **after using the toilet**.

Preventing COVID-19

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How to Prevent COVID-19



- **Wash your hands** often—and thoroughly—with soap and water for at least 20 seconds.
 - [VIDEO: Proper Handwashing Technique](#)
 - *Do it when you enter your home, after using the toilet and after touching any object or surface used by many people. This is the most effective way to protect yourself.*



- You can also use hand sanitizer, if it contains at least 70% alcohol.



- **Do not touch your face** unless you have just washed your hands thoroughly!



- **Wipe surfaces** that are touched often (doorknobs, faucets, toilets, phones) with disinfectant at least once a day.

How to Prevent COVID-19

“Self-isolation is far more important than testing.”

— Francois Venter, Deputy Executive Director, Wits Institute for Sexual & Reproductive Health, HIV and Related Diseases

- It is very important for **people who are sick to isolate themselves** from others, to prevent COVID-19 from spreading.
- It is also very important for **people who are not sick** to avoid going out whenever possible and stay more than 6 ft (2m) away from other people.
 - *Do not hug, kiss or shake hands with other people.*
 - *This is called ‘social distancing.’*

Source: World Health Organisation. Coronavirus disease (COVID-19) advice for the public. Taken from <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>. Accessed March 22, 2020.

Advice for Older Adults & People with Pre-existing Conditions

1. **Plan and prepare** for COVID-19 in your community.
2. Don't go out unless it's absolutely necessary (for medicines, food and emergencies).
 - *It is best to avoid contact with other people as much as possible.*
 - *If you go outside, stay at least 2m away from other people.*
 - *Do not hug, kiss, or shake hands with anyone else.*
3. If someone in your home is sick, especially with symptoms of COVID-19, **limit your contact** with them as much as possible.

Advice for Older Adults & People with Pre-existing Conditions

4. If you feel ill, **call your healthcare provider/clinic** before seeking care.
5. **Clean and disinfect** commonly touched surfaces in your home each day.
6. If you have visitors at home, stay at least 2m (6 feet) apart.
 - *Exchange waves, nods or bow to greet them.*
 - *Ask **everyone who enters your home** to wash their hands right away*
7. Check reliable sources (such as World Health Organization) for updates.
 - *See **Resources** at the end of this guide.*

How can COVID-19 be Prevented?

- If you are sick, **isolate yourself** from other people!



Cover your cough or sneeze with a **flexed elbow** or a tissue, then throw **the tissue in the bin**. Wash your hands more often!



What happens if you get COVID-19?

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What Happens to People who get COVID-19?

- Experts are still learning about COVID-19.
- Some people who have COVID-19 **do not feel ill at all but they can still spread it.**
- People are **most likely to spread COVID-19 when they are feeling ill.**
- COVID-19 can become a serious, even deadly illness in some people
 - *especially people over age 60 and people with underlying conditions (such as heart, lung or kidney disease, diabetes and hypertension).*

Source: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

What Happens to People who get COVID-19?

- Most people with COVID-19 begin to **feel ill 1 to 14 days after becoming infected.**
- Many people begin to feel sick 5-6 days after becoming infected.
- **Symptoms** include any or all of these:
 - *shortness of breath*
 - *sore throat*
 - *fever ($\geq 38^{\circ}\text{C}$)*
 - *diarrhea*
 - *headache*
 - *loss of sense of smell and taste (in some people)*

Use a mask **only if YOU are sick**, (coughing, sneezing etc.) to protect others. Change your mask regularly. Wash your hands after touching your mask.

Source: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

People Living With HIV & COVID-19

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People Living with HIV and COVID-19

- As of March 20, 2020, **there were no** reported cases of COVID-19 among people living with HIV.
- Currently, there is **no evidence** that people living with HIV who are taking antiretroviral therapy are at higher risk for COVID-19.

Source: <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-hiv-and-antiretrovirals>. Accessed March 20, 2020.

People Living with HIV and COVID-19

- People living with HIV **who are not taking** antiretroviral therapy (ART) are at **higher risk for COVID-19** because their immune systems may be weaker.
 - It is important for people to **be tested for HIV**, and for people living with HIV to be taking antiretroviral therapy each day.
 - People who are taking ART should **try to get at least 30 days worth of their medicines**, and where possible get 3- to 6-month supply.
 - People living with HIV should be **provided with vaccines** to protect them against the flu and pneumonia.

Source: <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-hiv-and-antiretrovirals>. Accessed March 20, 2020.

COVID-19 & Tuberculosis (TB)

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COVID-19 & Tuberculosis (TB)



- HIV increases the risk of tuberculosis (TB), a bacterial infection which targets the lungs.
 - Antiretroviral therapy (ART) reduces this risk. It is important for **people who have been at risk for HIV to get tested for TB**, and for people living with HIV to have uninterrupted access to treatment, and to take it each day
- Although it can be cured, TB is the leading killer of people living with HIV/AIDS. In 2018 it killed 251,000 people living with HIV.
- Like TB, **COVID-19 causes lung damage.**
- Scientists **do not know how COVID-19 will affect people with TB**, although they worry about people in these groups being at higher risk of illness and death.
- Those most at risk of severe complications are older people, and adults and children with other underlying medical conditions such as lung disease.

COVID-19 & Tuberculosis (TB)



- COVID-19 is likely to have a bad impact on already inadequate TB services, making it harder for people to get tested and treated.
- Those being tested for COVID-19 should be tested for TB—especially if they are living with HIV or are from areas where TB is common.
- Governments should use the same urgency for TB and COVID-19 testing for people who have fever and a cough.

Testing



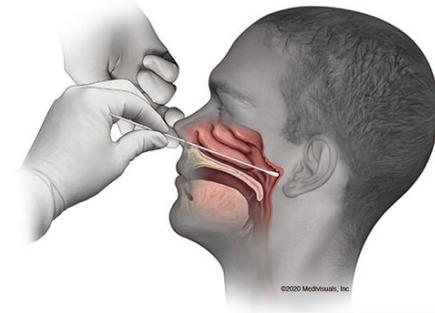
Should You Be Tested?

- Access to testing for COVID-19 is limited.
 - Ideally, everyone should be tested, but it **is simply not feasible right now**.
 - Globally, the healthcare system and people who work in it are overwhelmed with people who are seriously ill with COVID-19.
- Generally, testing is only recommended **if you have symptoms** (fever, coughing, difficulty breathing)
- If you have symptoms, **follow the policy in your country before going to seek medical treatment**. Call your local health authority or go to a testing site.
- If your test result is **negative**, you can be still at risk for COVID-19. It is important to keep as safe as possible.

Source: Testing, testing, 123: Unpacking the confusion around SA's Covid-19 testing. Taken from <https://www.dailymaverick.co.za/article/2020-03-19-testing-testing-123-unpacking-the-confusion-around-sas-covid-19-testing>. Accessed on March 22, 2019.

What Happens When You Get Tested

- Testing should be done in **an empty, well-ventilated room or outdoors** to lower the risk to people getting tested and to healthcare workers.
- A trained healthcare worker will use a swab to take **a sample from the back of the nose and throat**). The sample is then sent to a lab for testing. The test can be uncomfortable, but it is not painful.
- **The time it takes to get results varies** depending on context (private/public, location, country, burden on health sector etc.)



Treatment



How is COVID-19 Treated?

- There is **no specific antiviral treatment** available for COVID-19 yet, although many are being studied.
- **Current treatment is for symptoms, not the virus itself** (e.g. pain medicines, oxygen for people with shortness of breath, treatment for fever).
- Antibiotics **do not treat viral infections**. However, antibiotics may be required if a bacterial secondary infection develops.

Goodman, J. (2020, March 21). *Coronavirus and chloroquine: Has its use been approved in US?* BBC. <https://www.bbc.com/news/51980731>

Fink, S. (2020, March 16). *White House Takes New Line After Dire Report on Death Toll.* New York Times. <https://www.nytimes.com/2020/03/16/us/coronavirus-fatality-rate-white-house.html>

How is COVID-19 Treated?

- There are **NO** approved medicines to treat, cure or prevent COVID-19.
- Should you take **ibuprofen** if you have COVID-19?
 - *There's a lot of speculation and **very little data** on this.*
 - *For now, until we know more, if you have a headache or fever and think you are at risk for COVID-19, use **paracetamol/acetaminophen** and not anti-inflammatory drugs such as **ibuprofen** or **cortisone**.*
- The anti-malarial drug **chloroquine** is not an approved treatment for COVID-19. However, studies are being conducted now to see if it works.
- Vaccine development can take up to 18 months. This is why prevention is so important!

Takeaways and Resources

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Key Takeaways

- **Wash your hands** with soap and clean water for about 20 seconds regularly. In the absence of soap and water, 70% alcohol-based gel sanitizers should be used.
- Places to think about **sanitizing** include your:
 - *Car* – steering wheel, keys, door handles, gear box, handbrakes etc.
 - *Home* – remotes, door handles, light switches, frequently used surfaces, cellphones, faucet handles, fridge doors etc.
 - *Office* – keyboard, phones, screen buttons, all phones, door handles, tea kettle nobs, light switches etc.
- If you are sick, stay away from other people; and if you are healthy avoid sick people.

Key Takeaways

- Establish a plan for **clinical care** if isolated/quarantined.
 - Plan **WHERE in your house quarantine would happen and HOW it will work** with your house-mates. Explain to **children** how it would work if needed. Do a dry run of what you can do and cannot do.
 - **Tele-medicine options** (Who can you call for clinical help? Hotlines, doctors, nurses etc.)
 - Top-up on **data for calls and internet** (as needed)
 - Find your **local physician online portals and hotlines**
 - Don't wait to be sick to have a plan!
- Maintain a **social network, but remotely**. Although you may be distanced physically, stay connected to your network.
 - Social contact helps us stay informed and updated and helps us stay mentally healthy.

Key Takeaways

- Try to keep at **least a one-month supply of chronic meds** at your home. Where possible get the maximum your prescription/doctor will allow. We are advocating at a national level for multi-month scripting for HIV medicines up to 6 months.
- Do not go the clinic if you do not have symptoms.
- Smoking harms your lungs. Try to cut down or quit smoking.
- It is essential to **practice physical distancing** ahead of the peak of the epidemic before – and after – the government mandates it.

Where possible, provide support to people in these situations:

- People who may be in situations of **domestic violence**
- **Incarcerated** people
- People who live in **shelters** or other group settings
- Persons who share homes with **older people** or those with **pre-existing conditions** making them at higher risk
- Persons who do have no **access to housing or water**
- People who **live alone**

Where possible, provide support to people in these situations:

- Persons who may be **unable to work remotely** and lost their income due to the impact of government restrictions
- Persons facing **stigma** related to coronavirus disease, including people of Asian descent or those who have traveled recently
- Persons affected by **drug shortages** (chronic meds, ARVs etc.)
- Persons reliant on **harm reduction services** such as drop-in centers which may be affected by government bans on gathering in public, curfews, etc.

Resources

- World Health Organization (WHO) Q&A on COVID-19, HIV and Antiretrovirals
 - <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-hiv-and-antiretrovirals>
 - https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200311-sitrep-51-covid-19.pdf?sfvrsn=1ba62e57_4
- Coronavirus disease (COVID-19) advice for the public: Myth busters
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>
- How Coronavirus Hijacks your Cells
 - <https://www.nytimes.com/interactive/2020/03/11/science/how-coronavirus-hijacks-your-cells.html?action=click&module=RelatedLinks&pgtype=Article>
- Frequently Asked Questions – CDC (US)
 - https://www.cdc.gov/coronavirus/2019-ncov/faq.html#anchor_1584386215012
- The Corona Virus Explained and What you Should do
 - <https://www.youtube.com/watch?v=BtN-goy9VOY>
- Proper Hand-Washing Technique
 - <https://www.youtube.com/watch?v=cbX0xwKORjk>

List of Sources

Images used in this guideline were sourced from the following locations.

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