

Handbook for Public Protection against Covid-19



Preface

Since its appearance and development, Covid-19 pandemic has occurred and spread around the worldwide, affected more than 100 countries and regions, and caused serious political, economic and social impacts for the global village. On April 2nd 2020, through “silent procedure”, 74th United Nations General Assembly adopted a resolution entitled “Global solidarity to fight the corona virus disease 2019 (Covid-19)”, which stressed that the pandemic has had a huge negative impact on human society and called for intensified international cooperation to contain, mitigate and defeat Covid-19 disease. United Nations General Assembly noted with “great concern” the threat from new corona virus (2019-nCoV) to human health, safety and welfare, recognized the “unprecedented effects” of the pandemic, including “severe disruption to societies and economies, as well as to global travel and commerce, and the devastating impact on the livelihood of people”, and proposed that a “global response” action based on unity, solidarity and multilateralism renewed multilateral cooperation should be strengthened to against the pandemic. Meanwhile, the resolution called for “intensified international cooperation to contain, mitigate and defeat the pandemic, including by exchanging information, scientific knowledge and best practices and by applying the relevant guidelines recommended by the World Health Organization.”

The virus knows no borders, and no country can stand alone when facing the pandemic. Therefore, adhering to the concept of human fortune community, in order to sharing promptly our successful experience against the pandemic with numerous overseas Chinese and people around the world, Beijing Kanghua Foundation for the Development of Traditional Chinese and Western Medicine and Tencent Foundation invite experts and professionals from Tongji Hospital affiliated to Tongji Medical College of Huazhong University of Science and Technology, Peking University Third Hospital, Qilu Hospital of Shandong University, Branches of Women and Children Healthcare, Hepatobiliary Disease Prevention and Treatment, Elderly Healthcare and Nursing of China International Exchange and Promotive Association for Medical and Health Care, to product this handbook. This handbook is bilingual with Chinese and English, which is strived in helping to promote the global public’s knowledge about Covid-19 and related prevention and control, to increase the public’s confidence and ability against the pandemic, to provide positive contribution for the global public to win this anti-pandemic battle radically.

Finally, sincerely thank all the authors, translators and editors to pay a lot of attention time and hard work to this public welfare activity!



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Introduction

At the beginning of 2020, Covid-19 pandemic has occurred and spread around the worldwide, affected more than 100 countries and regions, and caused serious political, economic and social impacts for the global village. The virus knows no borders, and no country can stand alone when facing the pandemic. Therefore, adhering to the concept of human fortune community, in order to sharing promptly our successful experience against the pandemic with numerous overseas Chinese and people around the world, Beijing Kanghua Foundation for the Development of Traditional Chinese and Western Medicine and Tencent Foundation invite related experts and professionals from front-line to compile this book. This handbook is bilingual with Chinese and English, including two parts of basic protection and special group protection, to answer those problems the public concerned and related knowledge by the way of question-and-answer. Its contents include: related knowledge of 2019-nCoV, to introduce potential pathogenesis and clinical manifestations of Covid-19, and to help the public to understand scientifically; feasible protection suggestions and advices under different scenarios, such as individual protection, home protection, psychological protection, outdoor protection, etc.; professional guidance about protection, visiting doctor and physical exercise for special groups, especially periconceptional women, children, the elderly and people with concomitant diseases.

We hope this handbook is helpful to promote the global public' s knowledge about Covid-19 and related prevention and control, to increase the public' s confidence and ability against the pandemic, to provide positive contribution for the global public to win this anti-pandemic battle radically.

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Basic protection

Knowledge for Covid-19

1. How is 2019-nCoV transmitted?

Ans: 2019 novel corona virus (2019-nCoV) could originally come from animals, and now is found to be human-to-human transmission, which spread mainly via droplet transmission and contact transmission. The patient will excrete secretions and droplets when talking, sneezing and coughing, and the virus could be attached to the droplets and transmitted to the people around, which is called droplet transmission. It is noteworthy that droplet transmission can only affect close contacts who at close intervals. It can also cause the transmission, which to contact directly with the secretions of the patient, or to contact indirectly with the items contaminated by the virus.

2. What's Covid-19? Is it more harmful than Severe Acute Respiratory Syndrome (SARS)?

Ans: Corona Virus Disease 2019 (Covid-19) is the pneumonia caused by 2019-nCoV, that fever, fatigue and dry cough are its main manifestations, while a few patients combine with the symptoms such as nasal congestion, runny nose and diarrhea. Severe cases mostly develop dyspnea after one week, and the more serious cases develop rapidly into Acute Respiratory Distress Syndrome (ARDS), septic shock, difficult-to-tackle metabolic acidosis and bleeding and coagulation dysfunction. Both Covid-19 and SARS belong to the corona virus family, but there are differences in genetic structure between them.

3. What are the differences between the symptoms of Covid-19 and the symptoms of the common cold or the influenza?

Ans: 2019-nCoV is the pathogen of Covid-19, and the fever is the main clinical manifestation. The symptoms of dry cough, fatigue and breathing could be combined, and other symptoms such as runny nose and sputum production are rare. Meanwhile, about half of the patients infected 2019-nCoV develop chest distress and dyspnea after one week. Severe cases develop rapidly into Acute Respiratory Distress Syndrome (ARDS), septic shock, difficult-to-tackle metabolic acidosis and bleeding and coagulation dysfunction. Covid-19 is different in pathogen from the influenza and common cold. The diagnosis of Covid-19 needs also to be combined with the epidemiological history and the laboratory test results.

4. Does it mean being infected when early clinical manifestations occur?

Ans: It doesn't mean being infected when there are the manifestations such as fever, fatigue and dry cough. However, those patients should go to the local designated

medical institutions for inspection, diagnosis and treatment, who develop the acute respiratory infection symptoms such as fever (armpit temperature ≥ 37.3 °C), cough, breath shortness, etc., and with a travel or residence history in the pandemic high-risk countries or regions, or within 14 days before the onset of the symptoms with a direct contact with the patients with fever and respiratory symptoms from the pandemic high-risk countries or regions, or with small-range aggregation.

5. What is the difference between the asymptomatic and the infected who hasn't shown clinical symptoms yet?

Ans: The asymptomatic doesn't develop the symptoms, and usually doesn't take the test and visit the doctor. The infected that hasn't yet shown clinical symptoms would eventually develop the symptoms. In fact, the asymptomatic infections named by some media later developed the symptoms, and these infections are sometimes referred to as pre-symptom infection. The terminology and definitions used by the governments in different countries may vary, and it would be desirable for the media to clarify the definition of the cases used in the report to avoid confusion.

6. Why are close contacts subject to medical observation for 14 days?

Ans: The length of the medical observation period is determined by the combination of the incubation period of the diseases caused by other corona viruses referred, related information of Covid-19 cases and the current situation of prevention and control work. To take those preventive public health measures for close contacts, including more stringent medical observations, is very necessary for the prevention and control of Covid-19 outbreak.

7. Are there special effect drugs and vaccines for Covid-19 currently?

Ans: Currently, there is no effective drug for antiviral treatment special upon 2019-nCoV, and investigational treatments such as aerosol inhalation alpha interferon and oral lopinavir/ritonavir could be conducted. Medical researchers are screening or developing the anti-2019-nCoV drugs. There is no vaccine available for clinical application.

8. Can taking antibiotics be effective for preventing Covid-19? or for treatment?

Ans: To take antibiotics does NOT work to prevent Covid-19. Because the antibiotics aim at the bacteria, but the pathogen of Covid-19 is the virus. To take antibiotics not following the prescription, even for prevention purposes, is not only ineffective, but also to increases the risk of antibiotic resistance. It should be avoided to take antibiotics blindly or improperly, especially for the treatment combined with wide-spectrum antibiotics. Antibiotics usage could be determined by bacteriology monitoring and performed with the indication of subsequent bacterial infection.

9. Can healthy population prevent Covid-19 via taking traditional Chinese medicines?

Ans: It' s NOT recommended for healthy population to take traditional Chinese medicines to prevent Covid-19.

10. Can pets transmit 2019-nCoV? How to protect yourself after touching pets?

Ans: There' s currently no evidence that pets or other animals could be a source of 2019-nCoV infection or transmit Covid-19. 2019-nCoV is a sort of viruses new found, and the seventh virus that can cause human disease. 2019-nCoV belongs to beta genus, and the cat corona virus belongs to alpha genus, the disease caused by the two viruses would be not cross infection. Covid-19 absolutely is not the zoonoses. After toughing with pets, to wash hands with soap and water could significantly reduce the transmission of other common bacteria between pets and human.

Personal Protection

11. What are the general protection measures of Covid-19?

Ans: (1) Minimize outing activities. Try not to go out or gather, take more rest at home, reduce visits to relatives and friends and dinners, cancel plans for outings and visiting relatives, and avoid going to areas where the disease is endemic such as public baths, hot springs, Internet cafes, shopping malls, stations, airports, terminals, exhibition halls, etc.

(2) Maintain good hygiene and health habits such as Ventilating, washing your hands, and paying attention to personal hygiene. When coughing or sneezing, cover your mouth and nose with paper towels and clothing, and do not spit. The mouth and nose secretions should be wrapped in paper towels and discarded in a dustbin with a lid. Reduce sharing with others, including toothbrushes, cutlery, meals, towels, etc. Disinfect tableware, furniture, floors, etc. regularly, and wash clothes regularly. Reasonably select protective equipment, wear a mask when going out, and do a good job of personal protection.

(3) Do not touch, buy and eat wild animals, poultry and eggs should be fully cooked and eaten.

(4) Develop good habits. Ensure adequate rest, pay attention to nutrition, and exercise appropriately.

(5) Prepare common supplies. The home should be equipped with thermometers, masks, household disinfection supplies and other items to measure body temperature correctly daily.

(6) Take the initiative to do a good job of personal and family member health monitoring, and actively measure body temperature when you feel fever. If there are suspicious symptoms, you should actively wear a mask and seek medical treatment in a timely manner. At the time of consultation, the patient should actively inform the doctor if he has a history of travel and residence in the pandemic area of the disease and contact history after the onset of illness, and cooperate with the doctor to carry out related investigations.

12. Why and when should I wear a mask?

Ans: A mask refers to a device worn on the nose and mouth to filter the air in and out of the nose, so as to prevent harmful gases, dust, and droplets from entering and exiting the wearer' s nose and nose. One of the main transmission routes of

Covid-19 is droplet transmission. Masks can protect the nose and mouth and block droplets to a large extent. It is an important means to prevent respiratory infections such as Covid-19. During the pandemic, you need to wear a mask when you go out to contact with others, go to crowded or closed places (such as hospitals, supermarkets, etc.), and take public transportation.

13. How to choose a mask?

Ans: During the pandemic of Covid-19, it is recommended to choose the appropriate mask without overprotection.

(1) For indoor and outdoor activities, workers in well-ventilated workplaces can wear non-medical masks such as cotton gauze mask, activated carbon mask and sponge mask, or not. Non-medical masks have certain protective effects, and can also reduce the spread of droplets caused by coughing, sneezing and talking.

(2) It is recommended to wear one-time use medical masks for people in densely populated areas like supermarkets, shopping malls, vehicles, elevators, indoor offices, patients visiting medical institutions (except hot clinics), children at child care institutions, students at school, etc.

(3) It is recommended to wear medical surgical masks for staff working in densely populated places including hospitals, airports, railway stations, subways, ground buses, planes, trains, supermarkets, restaurants, and other relatively closed places, being engaged in administrative management, police, security express delivery related to the pandemic, and the people who observe home quarantine and their cohabitant.

(4) It is recommended to wear particulate protective masks that meet and above N95 / KN95 standards for public health physicians who carry out epidemiological investigations on close contacts, and personnel who engaged in environmental and biological sample detection related to the pandemic situation.

14. Precautions when using a mask?

Ans: (1) When the mask is contaminated by secretions or other pollutants, or the mask is deformed, damaged, or has a strange smell, it should be replaced immediately. Without contacted with the patient or suspected infection, the public wears a mask which can be used for a prolonged period of time according to the degree of cleanliness, but it should be used by a special person. Clean hands before wearing, and avoid touching the inside of the mask when wearing and removing mask.

(2) If the mask needs to be reused, it should be hung in a clean, dry and ventilated place, or stored in a clean, ventilated paper bag. Medical masks, including general medical masks, medical surgical masks, and medical protective masks, cannot be cleaned, nor can they be disinfected by using disinfectants, heating, and other non-medical masks.

(3) Masks used by healthy people should be disposed of in accordance with the requirements of domestic garbage classification. The masks used by suspected patients and their caregivers should be collected and treated in accordance with medical waste, and hands should be washed after handling the masks.

15. When, what with and how to wash hands?

Ans: It needs to wash hands after returning home from public area, touching public items, covering the mouth and nose with hands when coughing or sneezing, taking off the mask, before dinners and after excrement discharge, or touching dirty items. Generally, to wash hands is with liquid or solid soap and running water, or

antibacterial hand gel with alcohol. The process of washing hands as following:

(1) With running water, to splash hands wet.

(2) To take moderate soap, and smear evenly on the palms, backs, fingers and seams of whole hands.

(3) To rub hands more than 15 seconds, following this specific operation: palm to palm, fingers close together, to rub each other and switch; palm to back, to rub each other along seams and switch; palm to palm, fingers cross, to rub each other along seams and switch; to bend fingers and put joints in the middle of another palm, to circle joints and rub each other and switch; To hold another thumb and circle, to rub each other and switch; to put five fingertips to another palm and circle, to rub each other and switch.

(4) To flush hands clean with running water, and wipe dry with towel or tissue.

16. What to do when it's no convenient to wash hands?

Ans: Under special conditions, hand antiseptic agent effective alcohol-based, or with chlorine-containing or peroxyacetic acid could be chose to clean up hands. During using, the dosage should be enough to wet fully the palms, backs, seams and wrists, and end up after the disinfectant evaporates. It is recommended to use only outdoors while there is no condition to wash hands with running water and soap.

17. Is it infected when fever or cough occurs? When to go to the hospital or visit a doctor?

Ans: If there are the symptoms such as fever and cough, it's not necessarily infected by 2019-nCoV, and it may also be the common cold or the influenza. Firstly, it should be confirmed whether the patient has been a history of travel in the pandemic area or case exposure. If not, the process and symptoms of fever would be learned about, and it's recommended for the patient with mild symptoms to quarantine and observation at home. Within pandemic period, principally to minimize or avoid going to the hospital which could help to avoid cross-infection. Once the fever continues or other symptoms like dyspnea develop, the patient should go to the hospital with full personal protection. Of course, fever and cough are the common clinical manifestations of many diseases, and it doesn't mean being infected by 2019-nCoV while there are the manifestations such as fever, fatigue and dry cough. Presently, many medical institutions have launched online medical consulting service which the public could seek the professional advice from. However, those patients should seek medical attention at local designated medical institutions when the following situations occur: the acute respiratory infection symptoms such as fever (armpit temperature ≥ 37.3 °C), cough, breath shortness, etc, and the travel or residence history in the pandemic related areas within 14 days before the onset of the symptoms, or a direct contact to the patients or people with suspicious symptoms.

18. What's the correct way to pick up expresses during the outbreak?

Ans: When conditions permit, priority to ask deliveryman leave goods in delivery storage cabinet. Wherever picking up packages, at house or apartment, community gate,

or storage cabinet, you should wear mask and gloves, keep safe distance, and avoid aggregation. To take off gloves immediately and wash hands with running water or hand antiseptic agent once settling package well. Packing bags and boxes should be properly handled according to local regulations.

19. How to perform personal health protection as a foreign student abroad?

Ans: To pay attention continuously on the development of local outbreak, comply with local regulations, follow the prevention and control measures of outbreak from local governors, focus tightly the information from Chinese official institutions or organizations like embassy or Chinese federation, keep acquiring up-to-date requirements of prevention and control for Covid-19 and health tips. To pay attention to personal protection and reduce going out, do not go to public places where people gather, wear a mask when going out. To maintain good personal hygiene status and keep living environment clean, don't work or study in spite of illness, and seek medical attention promptly at local designated institutions once symptoms like fever or dry cough occur.

20. How to perform personal protection during the return trip from abroad?

Ans: During the whole return-trip, to wear a mask and gloves. Water-free hand sanitizer or wipes could be carried on to clean hands promptly. To avoid touching eyes, nose or mouth with hands, and to wipe frequently the table sheet. If riding trains or flights, to simplify luggage and keep safe distance. If coaches, to open windows and keep ventilation, and take a rest at the rest area every 2 hours. When suffering discomfort during the trip, to contact promptly with attendants for assistance, to tell honestly medical professional about travel history.

21. How to improve individual's immunity during the outbreak?

Ans: Reasonable diet should be kept during the outbreak, including comprehensive and diverse nutrients, especially vitamins and minerals. To have more dark vegetables and sour fruits, the staple food should combine coarse grain and fine grain, adequate high-quality protein intake should be ensured, and to keep nutrition balance. To have a regular life, practice appropriate indoor exercise, often do housework which could be helpful to promote the blood circulation, stabilize weight and speed up metabolizing. Nevertheless, excessive exercise would reduce individual's immunity due to fatigue. To ensure adequate sleep and there're already researches to show that continuous lack-of-sleep could reduce immunity level. To keep temple well and bad mood would not only reduce immunity, but also bring bad affect to diet and sleep. To develop good habits, to quit smoking and reduce alcohol consumption.

22. How to keep healthy diet for ordinary population during the outbreak?

Ans: To ensure daily sufficient amounts of intake of high-quality protein foods and cereals. To increase the intake of essential fatty acids through using a variety of vegetable oils, especially those rich in monounsaturated fatty acids. To eat more

fresh vegetables and fruits, less spicy or pungent foods. Those with loss of appetite or insufficient eating, the elderly and the patients with chronic diseases, should add nutritional-ford foods, special medical formulations foods or nutrient supplements to supplement protein and micronutrients including B vitamins and vitamin A, C and D.

Home Protection

23. Why to perform home quarantine?

Ans: The purpose of home quarantine is to prevent patients from staying in society and spreading to the public through physical isolation, and avoid second- and third-generation cases generation. When there are a large number of asymptomatic and close contacts or potential patients in the public, home quarantine should be an important alternative to deal with problems that medical institutions cannot solve. Once any symptom occurs, people should seek medical attention at local designated medical institutions. Under home quarantine, people could take all kinds of indoor activities, including suffering, watching movies, reading, tasting tea, whereas 2019-nCoV couldn't be transmitted and disappear slowly.

24. What to do during home quarantine?

Ans: Prefer to live alone. If live with others, it's better to live in a separate room with good ventilation, and keep door close. If impossible to meet, family members should keep safe distance at least 1 meter, and avoid close contact. Wear a mask, disposable gloves and protective clothing like plastic apron as much as possible. Replace the mask promptly once wet or usage more than 4 hours. Wash hands before wearing or after removing gloves, after taking off or throwing away the used mask. Keep the room ventilated. Open the windows twice a day for ventilation, about 30 minutes every time, and leave the window a seam while sleeping at night. Household items frequently contacted should be cleaned daily with disinfectant, and bathroom and toilet should be disinfected at least once a day. Set up the dedicated trash buckets to place discarded tissues and masks. Spray with disinfectant before discarding trashes, tighten and throw away the garbage bag after trashes are wet. Use personal necessities dedicated and don't mix with others, clean them separately. Use tableware dedicated and wash them with detergent and water, but don't throw away directly. Reduce activity scope and set separate activity ranges between the isolationist and other family members.

25. How to do for the family when member perform home quarantine?

Ans: (1) Prefer to appoint one healthy family member to look after the isolationist.
(2) Don't share with the isolationist any item which may cause indirect contact infection.
(3) Contact with the isolationist or enter his/her room, wear a medical surgical mask and replace promptly.

(4) Don't directly contact the isolationist's secretions, and wear disposable gloves to dispose of the isolationist's urine, feces, or other excreta. Wash hands promptly after taking off gloves.

(5) Perform indoor disinfection, and clean dining table, bedside table and bedroom furniture with disinfectant.

(6) Self-observe health status, and seek medical attention once symptoms such as fever, cough and fatigue occur, especially with dyspnea.

26. What are the methods of disinfection in home?

Ans: Because the virus is sensitive to UV rays and heat, these methods, including heating 30 minutes upon 56°C or higher, fat-soluble solvents such as ether, 75% ethanol (alcohol), chlorine disinfectants, peroxyacetic acid and chloroform, are effective to inactivate the virus, but chlorhexeda is invalid. Due to the lack of evidence for other disinfection methods to inactivate 2019-nCoV, no more other disinfection methods are recommended. Skin disinfection: optional methods including sterile alcohol wiping or soaked disinfection. Room disinfection: to wipe the objects' surfaces with sterile alcohol or chlorine disinfectants. Pay attention to the active ingredients and precautions of disinfectants.

(1) Alcohol is flammable. Stay away from fire and flammable materials, and avoid spraying or large area disinfection. Otherwise, ethanol concentrations higher in the air may cause fires.

(2) Pay attention to the precautions when using chlorine disinfectants, including configuration method and dilution ratio, especially avoid mixing with other disinfectants which may produce a large amount of toxic gas. Special usage methods refer to product description. Heat-resistant items can be disinfected by boiling for 15 minutes.

27. How to disinfect in home during an outbreak?

Ans: Increasing the frequency of ventilation in rooms as every half day, 30 minutes every time. Both doors and windows should be opened at the same time to flow air convection during ventilation. Choose to alcohol with 75% ethanol or chlorine disinfectants to disinfect the objects' surfaces, and pay attention to the methods and time of disinfection which avoid overuse of disinfectants.

28. How to use chemical disinfection products safely in home?

Ans: Precautions as following:

(1) 75% ethanol disinfectant: Direct use to wipe or soak small items, wipe objects' surfaces, skin and hands. Far away from fires.

(2) Chlorine disinfectants: It's recommended to use according to the product description, general concentration for home disinfection is 250 - 500 mg/L. It could be used for wiping disinfection of white cotton fabrics, corrosion-resistant items and objects' surfaces, or soaked disinfection of small items like soaking tableware, lasting 30 minutes.

(3) Wash-free disinfectants: Wash-free disinfectant. Wipe directly on the hands

without visible contamination.

29. How to choose the lifestyle at home during an outbreak?

Ans: Regular living, moderate exercise, adequate sleep. Keep good personal hygiene practices: Wash hands frequently and touch eyes, nose or mouth without dirty hands, and cover mouth and nose with paper towel when coughing or sneezing. Family members do not share towels and keep house clean. Ventilate and keep neat and clean in the rooms. Cover the toilet when flushing. Storage common protection supplies, such as thermometers, disposable medical masks, medical surgical masks or N95/KN95 masks, household disinfection supplies, etc. Minimize outdoor activities. Keep reasonable diet and nutrition balance. Practice moderate exercise, and arrange reasonable time of living and rest. Keep mood relax and ensure clean indoor environment and fresh air. Avoid close contact with people with respiratory symptoms such as fever, cough or sneezing whenever possible. Avoid all parties as much as possible and those places crowded or enclosed. Avoid contact with wild animals, poultry and livestock. Focus closely on the symptoms such as fever, cough.

30. How to maintain moderate physical activities during an outbreak?

Ans: It's very necessary to maintain moderate physical activities during an outbreak. pandemic prevention and control measures suggested reducing outside parties, potlucks or activities in the crowded places, meanwhile practicing moderate activities every day. Choose appropriate exercise according to house conditions and individual physical status, and do exercise more than one time every day and more than 40 minutes every time, consistently. Rehydrate promptly after exercise. Keep good manners during exercise without prejudice to others. In the open or well-ventilated places outdoor of non-pandemic areas, aerobic exercise is encouraged to practice, such as jogging, hiking, gymnastics, etc, and people could obtain certain amount opportunities and time of daylight exposure, which may be a positive effect on helping gastrointestinal digestion and absorption, regulating body metabolism and immune regulation function, and even promoting mental health.

Psychological Protection

31. What is the public's psychological reaction to the pandemic and How to oneself response ?

Ans: The public's psychological reaction during the outbreak reflect mainly in physiological or physical, emotional, cognitive, behavioral aspects, such as headache, diarrhea, chest distress, dyspnea, panic, anxiety, helplessness, self-blame, mental disorder, inattention, repeated hand washing, frequent temperature measuring, insomnia, overeating and other adverse reactions. The response is as following:

- (1) Follow official information, prevent reasonably.
- (2) Perceive emotion, admit own self.

(3) Self-adjust promptly, regular living and rest, practice moderate exercise, regulate physical state.

(4) Positive communication, reasonable catharsis.

(5) Seek help from professional.

32. How should the professional intervene in the public's psychological issues caused by the outbreak?

Ans: Professionals can acquire the public's psychological state under the outbreak via questionnaires with related psychometric scales, and intervene to those with psychological problems caused by the outbreak with the following measures:

(1) Establish a relatively systematic social support system for the public through relevant social institutions or organizations.

(2) Assist professionals to establish individual psychological support systems through the usage of expertise.

Precautions in Different Scenarios for 2019-nCoV

33. What is respiratory hygiene / cough etiquette? How to correctly implement respiratory hygiene / cough etiquette?

Ans: Respiratory hygiene / cough etiquette is aimed at all people with signs of respiratory infections. A set of measures to prevent the spread of respiratory infections, including wearing surgical masks, covering the nose and mouth with tissues when coughing or sneezing, and touching the respiratory tract. Perform hand hygiene after the secretion and keep a distance of more than 1m from other people. We know that respiratory diseases such as influenza, tuberculosis, and rubella have sporadic cases all year round, and in some early stages of the disease, such as Covid-19, some infected people have no obvious clinical manifestations and discomfort, but they are contagious. In order to better prevent the spread of infectious diseases of the respiratory tract, this measure should not only be targeted at people with signs of respiratory infections, but also should be extended to all people, including healthy people.

34. What are the precautions when visiting a doctor if you suspect of Covid-19?

Ans: Seek medical attention promptly when symptoms such as fever, cough, fatigue and other new coronary pneumonia occur. Wear medical surgical masks during medical treatment, maintain cough etiquette and hand hygiene, keep a social distance of more than 1m from others, avoid taking public transportation and pass through crowded places; consult the designated hospitals by phone / WeChat and other designated hospitals. Conditions and transportation routes, see a doctor for advice. After arriving at the medical institution, go to the pre-screening clinic for consultation, and truthfully inform the attending doctor about the illness, recent travel history or living history of the pandemic areas, contact history of confirmed or suspected neo-coronary pneumonia cases, and animal contact history.

35. What's the precautions for travelling? And for returning home?

Ans: (1) Masks should be worn in public places, especially in public transportation and in crowded public places.

- (2) Priority to travel by feet , bike or driving.
- (3) Avoid contact with people with fever, cough and other symptoms, if encountered , keep a safe distance of more than 1 meter.
- (4) Completely cover mouth and nose with a tissue or elbowing when coughing or sneezing (refer to "Coughing" for details) .
- (5) Reduce contacting with public items in the public places.
- (6) Avoid touching mouth, nose and eyes with dirty hands.
- (7) Wash hands frequently, using wash-free hand sanitizer or wet wipes with sterilizing alcohol.
- (8) Avoid parties during the outbreak. After returning home: Take off coat -> hang up coat at the door (or ventilate place) -> remove mask -> wash hands -> have a bath after returning instead of before sleeping. If following these measures, the probability infected by 2019-nCoV will be very low. It is recommended to hang up coat at a specific place next to the door and avoid mixing with clean clothes. The possibility would be very slim that virus and contaminants remain on the coat surface when not contacting with patient. But the coat surface would carry a lot of dust, and not recommended to bring the coat into the bedroom.

36. How to protect in the public area during outdoor?

Ans: When practice outdoor activities in open places including parks, squares, outdoor open spaces of communities, minimize close contact with others, avoid aggregated chatting and wear a mask when communication. Avoid spitting and cover mouth and nose with a tissue or elbowing when sneezing or coughing. Wrap secretions or sputum in tissues when secreting or spitting and discard into trash.

37. How to self-protect during working?

Ans: Wash hands with soap and running water after touching animals and animal products during work. Disinfect work utensils and areas at least once a day. Avoid touching eyes, nose and mouth with hands directly. Avoid contacting with sick animals and corrupt meat. Avoid contacting with stray animals, contaminated waste and waste water. Wear protective clothing, gloves and face protection when handling animal and animal products. After work, remove the protective gear, clean them daily, and leave them in the work area. Avoid family members to touch with contaminated clothing and shoes.

38. How to protect during shopping (in the supermarket or farm market) ?

Ans: Avoid shopping in crowded areas in the market or shopping mall. Wear a mask and wash hand promptly. Avoid contacting directly with animals, trash and waste water in the market. Wash hands or disinfect with soap and running water after touching animals and animal products. Avoid touching eyes, nose and mouth with hands. Separate raw and cooked foods.

39. How to self-protect when returning the work?

Ans: Remember the following tips when returning the work:

- (1) In elevator: Wear a mask in the elevator! Regularly disinfect the elevator cabin, especially buttons area and handrails.
- (2) At dining area: Do not take off mask when picking up meal at the dining area, until the last minute for eating. Avoid face-to-face eating and talking during eating. Eat alone as possible.
- (3) In office: It is recommended to wear a mask all the time, and keep the conversation at a moderate distance. Maintain the office's ventilation. Disinfect with alcohol those positions and items touched frequently, such as door handles, keyboards, mouse, stationery, etc.

40. How to control the outbreak in community? How to conduct the measures of protection and control for the elder in home during the outbreak?

Ans: Key tasks include that monitoring the pandemic, delivering latest information, popularizing knowledge, keeping environment clean, helping those in need. To protect the elderly during the pandemic, strengthen the spread of pandemic prevention and control knowledge through the methods of media, online and door-to-door, guide the elderly and their family to enhance awareness and to improve protection capacity.