

# Controlling the spread of the coronavirus



## Call patients in advance

Call all patients with upcoming appointments and ask if they:

- ✓ Currently have any respiratory infection symptoms.
- ✓ Have had any respiratory infection symptoms within the last 14 days.
- ✓ Have traveled to any of the severely impacted areas since December.
- ✓ Have been in close contact with anyone who's visited any of the severely impacted areas since December.

If your patients reply "Yes" to any of the above questions, it's recommended to delay their appointment until they've recovered or have received negative test results for the coronavirus.



## Wash hands regularly

WHO recommends dental professionals always wash their hands:

- ✓ Before contact with a patient (e.g. shaking their hand when welcoming them).
- ✓ Before using an invasive medical device (e.g. oral suction).
- ✓ After cleaning any soiled material or contaminated surface (e.g. dentures).
- ✓ After final contact with a patient (e.g. shaking their hand as they leave).
- ✓ After contact with a patient's surroundings (e.g. the dentist chair).

WHO advocates alcohol-based hand rub. It should be applied to dry hands and rubbed in until completely dry. This method is quicker, more effective and better tolerated than other hand cleansing techniques.



## Properly treat symptoms

Provide all patients showing symptoms with a medical mask and encourage them to sit apart from others in the waiting area.

If possible, sit the patient in a separate room, ensure the door is kept closed and as few people as possible come into contact with the patient. Staff who have direct contact with the patient must wear the PPE (Personal Protective Equipment) described below.



## Clean and disinfect

Thoroughly clean and disinfect all exposed surfaces at the end of the day.

This includes work surfaces, door handles, the dentist chair, tools, machinery and anything else frequently touched. Household bleach is a very effective and affordable germicide, but be aware that it is also highly corrosive to metals.



## Stay informed

Keep up-to-date by regularly checking the coronavirus page on the CDC website and the ADA infectious diseases 2019: Novel Coronavirus page

At this time, there is no vaccine for COVID-19. All you can do is limit the spread of the coronavirus. In addition to some COVID-19-specific measures, dental professionals should adopt the same preventative actions for coronavirus as they would for other respiratory infections.



## Educate your patients

Display signs detailing coronavirus symptoms in your waiting area for your patients and the people accompanying them.

**Explain that if they see anyone showing symptoms, it's important they inform a member of staff.**

If there's a TV in your waiting area, consider showing a video explaining what the coronavirus is and the symptoms to look out for to make it clear to everyone.



## Practice adequate respiratory hygiene etiquette

- ✓ When coughing or sneezing, cover your nose and mouth with a clean tissue.
- ✓ Dispose of the tissue in the nearest waste receptacle.
- ✓ If a tissue isn't readily available, cough or sneeze into your elbow.
- ✓ Immediately after, thoroughly wash your hands.
- ✓ Equip your practice with tissues, no-touch receptacles for tissue disposal and alcohol-based hand rub.



## Personal protective equipment

When treating a patient showing respiratory infection symptoms, wear:



Surgical/procedure mask



Safety eyewear



Impermeable smock



Gloves



## Staff self-care

The CDC recommends all healthcare workers receive the flu vaccine each year.

**They should also avoid coming into work if they have flu-like symptoms, which could be confused with signs of COVID-19.**



## Online training

WHO has created an online course for healthcare professionals on the coronavirus. It covers:

- ✓ The nature of emerging respiratory viruses.
- ✓ How to detect and assess an outbreak.
- ✓ Strategies for preventing respiratory virus outbreaks.
- ✓ Methods of controlling respiratory virus outbreaks.
- ✓ How to communicate the risk of respiratory viruses.
- ✓ How to engage communities to detect respiratory viruses.

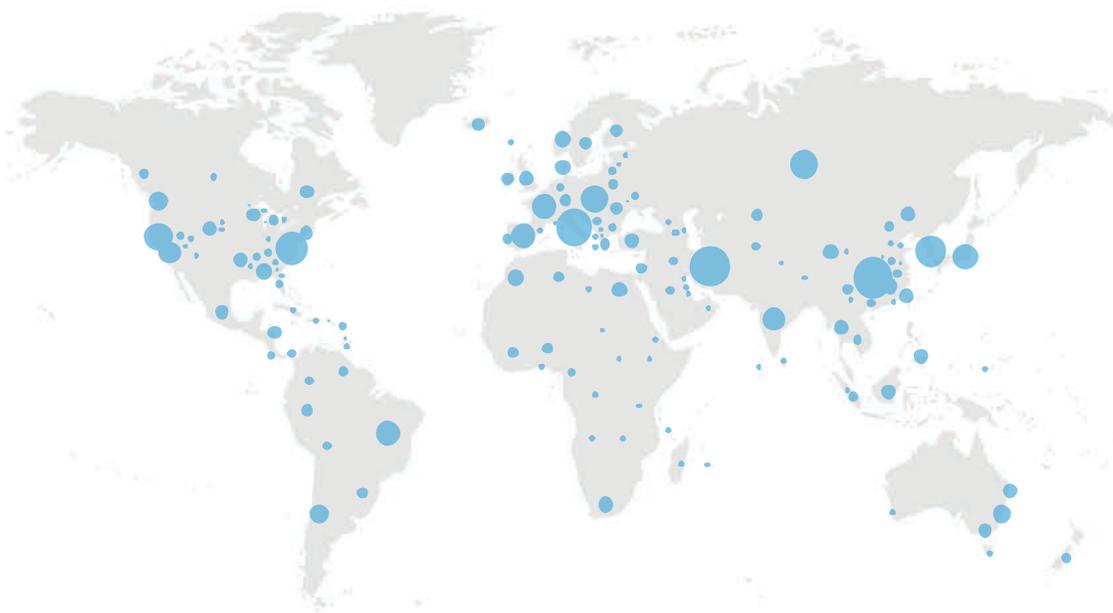
# The current state of the coronavirus

COVID-19 is a coronavirus: a type of virus responsible for respiratory diseases ranging from the common cold to MERS and SARS. It originated in a food market in Wuhan, China in December 2019.



## The coronavirus is a global pandemic

The most seriously affected are:



- China
- Italy
- USA
- Spain
- Germany
- Iran
- France
- South Korea
- United Kingdom



## Coronavirus implications

Serious cases of coronavirus can develop into pneumonia and kidney failure.

Particularly among infants, older adults, the medically frail and people with a compromised immune system. To date, most deaths from COVID-19 have occurred in patients with serious underlying medical conditions.



## Coronavirus symptoms



Cough



Shortness of breath



Fever



Breathing difficulties

**The above symptoms aren't indicative of the coronavirus. Although they're an indication, there are other diseases with the same symptoms.**



## How the coronavirus spreads

Initial cases of COVID-19 were residents of Wuhan who frequented the Huanan Seafood Wholesale Market.

When the outbreak first occurred, the disease was believed to be passed from animals to humans. Many people have since been infected by the disease without visiting the market. It's now understood that the infection can also be spread from person to person.

Scientists believe COVID-19 is spread by:

- ✓ Coughing
- ✓ Sneezing
- ✓ Contact with saliva
- ✓ Touching respiratory secretions from an infected person on surfaces

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