

Prevention, diagnosis and early-stage management of COVID-19: A crisis in the developing world



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Minimizing transmission in clinical practice



Personal hygiene

- Wash or sanitize hands regularly
- Wear appropriate PPE



Social hygiene

- Adhere to physical distancing as per your national guidelines



Nutritional hygiene

- Eat a nutritious diet, including protein and vitamin intake



Vaccination/immunity hygiene

- Take the opportunity to be vaccinated

Use of personal protective equipment (PPE)

Dependent on the environment:

Routine practice

- Wear a well-fitted cloth mask
- Cover the nose, mouth and chin

Higher-risk practice (e.g. general hospital ward)

- Wear a well-fitted N95 mask
- Cover the nose, mouth and chin
- Ensure it is clean and dry before use

Very high risk (e.g. operating theatre, COVID-19 ward)

- Wear a full protective suit and cap
- Use a filtering face piece respirator
- Wear eye protection

Wearing and disposing of PPE equipment correctly is as important as wearing it

Guiding patients to reduce transmission

