

Coronavirus Disease 2019

[Learn More About COVID-19](#)



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The information provided in this ppt is based on current guidance and is subject to change. *(Created 3-24-2020)*

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01.

ABOUT COVID-19

The origin and transmission pathways

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03.

PRACTICE AGAINST COVID-19

The CHINESE speed, the CHINESE strength and the CHINESE practice.

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02.

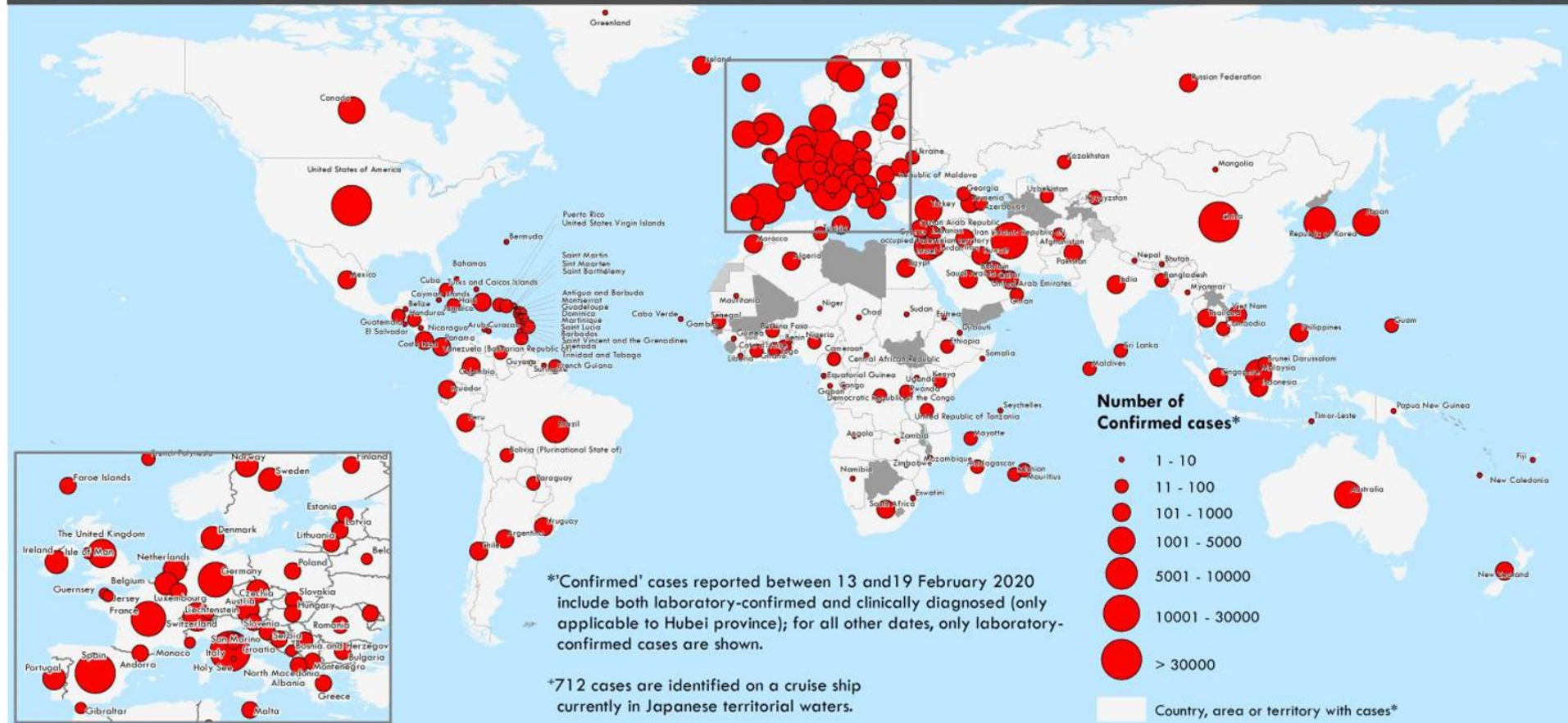
PERSONAL PREVENTION METHODS

How to protect yourself from the virus?

┌
04.

SUMMARY

Distribution of COVID-19 cases as of 24 March 2020, 10:00 (CET)



Data Source: World Health Organization

Map Production: WHO Health Emergencies Programme

Not applicable

0 2,500 5,000 km

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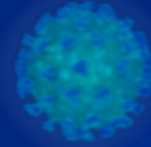
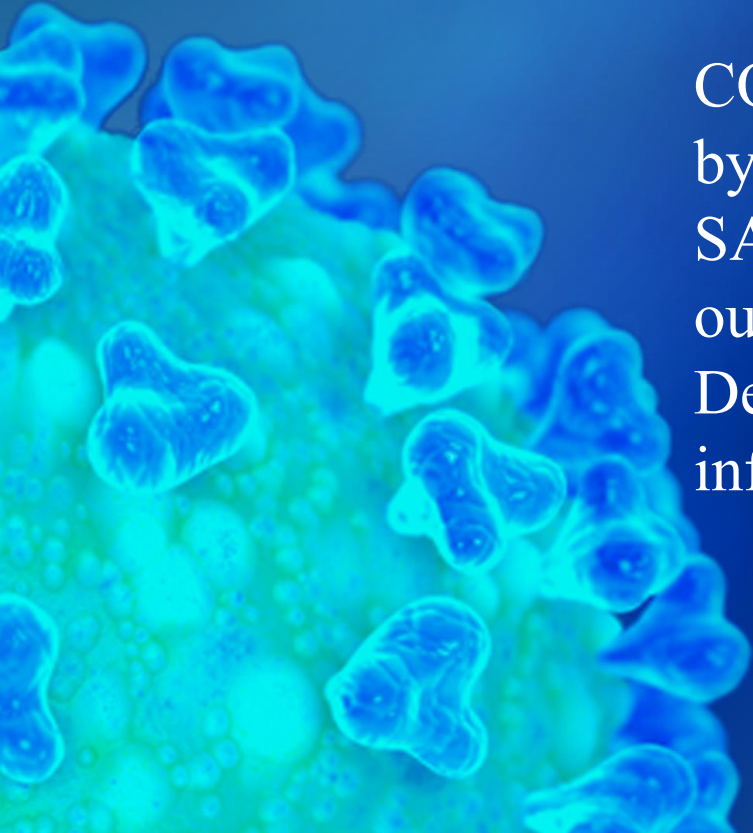
01.



ABOUT CORONAVIRUS



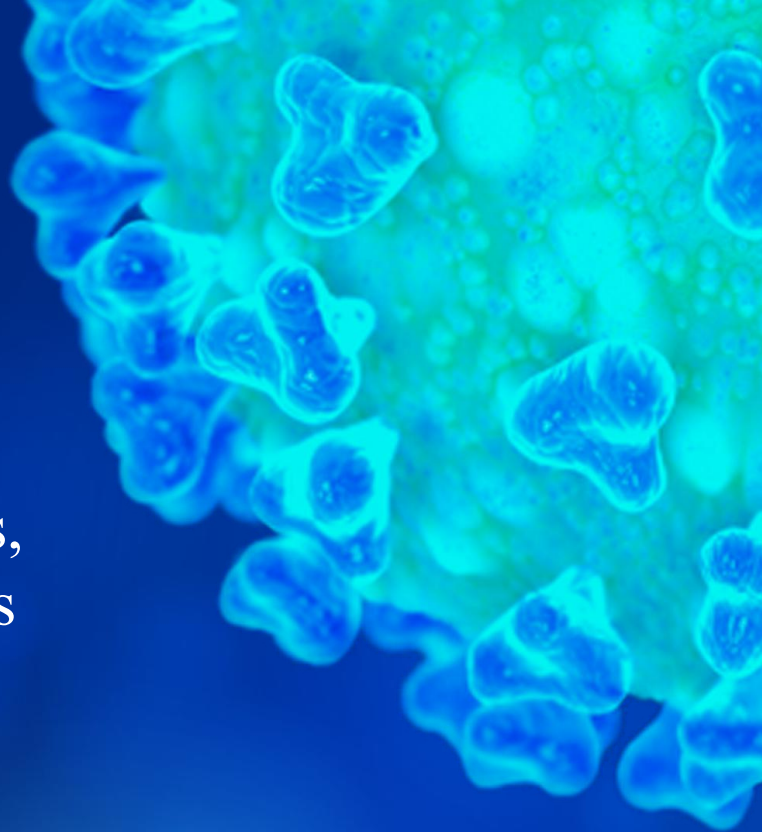
The origin and transmission pathways



COVID-19 is an infectious disease caused by the recently found virus known as SARS-CoV-2 (or coronavirus). Before the outbreak originated in Wuhan, China on December 2019, there was quite a bit little information about this virus.

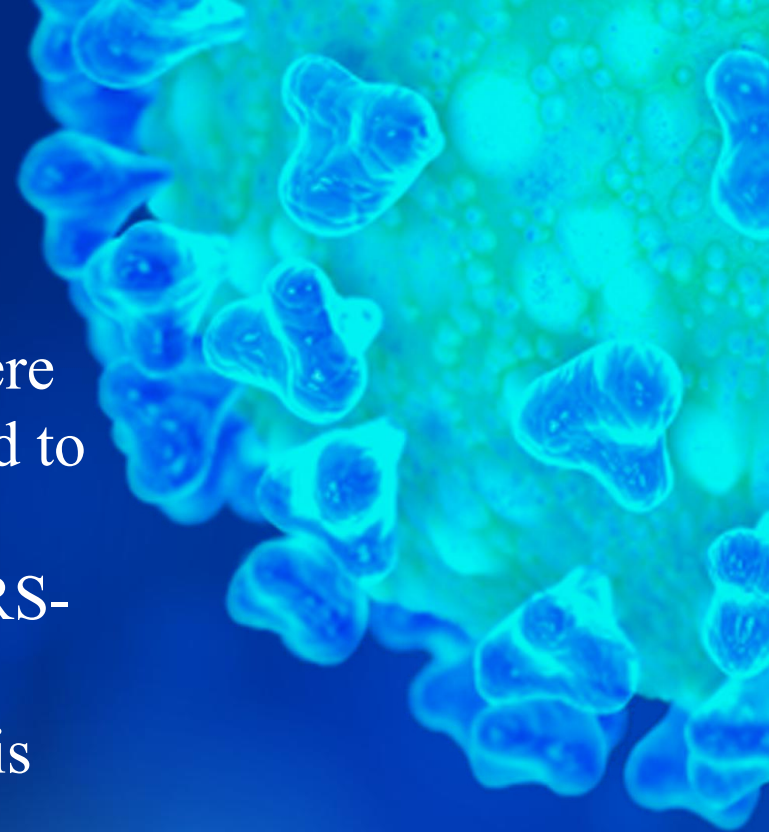
Coronaviruses (CoV)

- ! Crown-like spikes on surface.
- ! CoV typically cause mild to moderate upper respiratory tract disease in humans, but can also cause more severe infections includes SARS, MERS, and certain pneumonias.



Coronaviruses (CoV)

- ! Both the SARS-CoV and MERS-CoV were originated in animals and were transmitted to people, causing infection.
- ! Initial name 2019-nCoV, now called SARS-CoV-2.
- ! The disease caused by the **SARS-CoV-2** is called **COVID-19**.



SYMPTOMS OF COVID-19



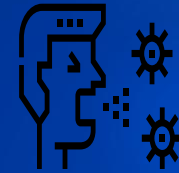
FEVER

The body temperature can exceed $37.3\text{ }^{\circ}\text{C}$ ($99\text{ }^{\circ}\text{F}$)



TIREDNESS

The body feels completely tired and without energy to perform normal tasks



DRY COUGH

Irritation and constant coughing without expelling any mucus

INCUBATION PERIOD

Most estimates of the incubation period for COVID-19 range from **1-14 days**, most commonly around five days, suggesting people exposed to CoV may rapidly present symptoms, but it may take up to 2 weeks to show symptoms, and in rare cases even longer. The symptoms likely to present early is common cold, and influenza-like illness.

TRANSMISSION PATHWAYS

- SARS-CoV-2 was likely transmitted from bats to other animal(s) to

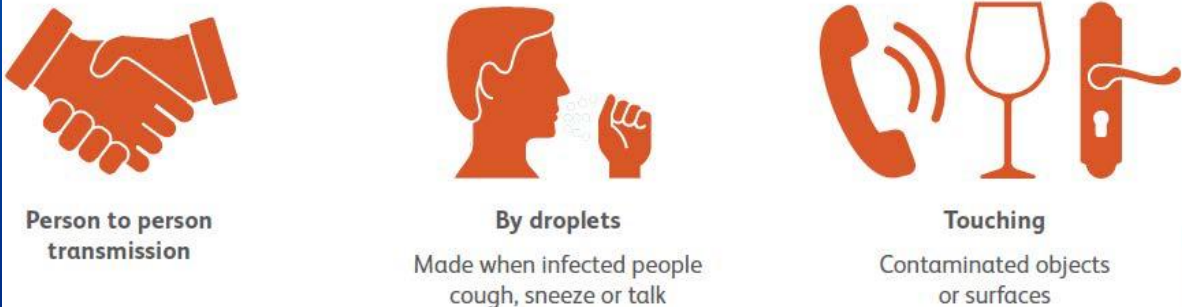
How the Wuhan Coronavirus spread from animals to people



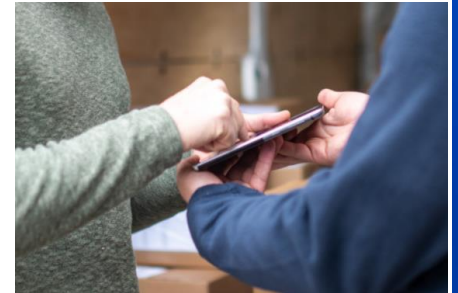
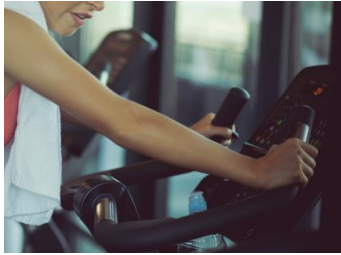
People infected with the virus may cough or sneeze contaminated

droplets into the air that may travel **1-2 meters** and stay alive on the surface for a few hours to a few days.

How the Wuhan coronavirus spreads from person to person



Where have your hands been?





02

PERSONAL PREVENTION METHODS

How to protect yourself
from the virus?



PROTECTING YOURSELF AND PREVENTING THE SPREAD OF THE DISEASE



Wash your hands with an alcohol-based sanitizer or with soap and water



Keep a **distance** of at least 1 meter between yourself and anyone who coughs or sneezes



Wear a **mask** and **NOT touch** your eyes, your nose and your mouth



Cover your mouth and your nose with your bent elbow or a tissue when coughing



Seek medical attention if you have difficulty breathing and a high fever



Follow the directions of your national or local health authorities

Wash your hands

Wash your hands with soap and running water when hands are visibly dirty



If your hands are not visibly dirty, frequently clean them by using alcohol-based hand rub or soap and water



Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



Protect yourself and others from getting sick

Wash your hands



Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue



Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



03 Six Steps for Washing Hands

- First, rub hands palm on palm (place hands together and rub them against each other five times)
- Second, rub fingers and palms and the spaces between the fingers (put the palm of one hand over the back of the other with interlaced fingers and rub each hand five times)
- Third, interlace fingers and rub hands together (rub five times palm to palm with interlaced fingers)
- Fourth, rub the fingertips of each hand on the palm of the opposite hand (rub five times for each hand)
- Fifth, rub each thumb in a rotating manner five times
- Sixth, interlock fingers and rub the back of the knuckles against the palm of the opposite hand five times for each hand



04 When Is It Necessary to Wash Hands?

- Before and after passing paper documents
- After coughing or sneezing
- Before, during and after preparing and cooking food
- Before eating
- After going to the restroom
- When hands are dirty
- After touching other people
- After touching animals
- After arriving home from outside



05 What to Do If Water Is Not Available during a Trip

People can use alcohol-based disinfectants to clean their hands. A 75 percent alcohol solution can inactivate 2019-nCoV. Therefore, alcohol-based disinfectants can be alternatives to soap and flowing water.



ON MASKS

01 How to Select a Mask

Option I: Disposable medical masks. Change to a new mask after wearing one for four consecutive hours or if the mask is contaminated or becomes wet.

Option II: N95 medical protective masks. Change to a new mask after wearing for four consecutive hours or if the mask is contaminated or becomes wet.

Cotton and sponge masks are not recommended.



02 How to Correctly Use a Mask

Methods:

- A mask's darker-coloured side should face outside. On the upper part of the medical mask is a metal piece that can be moulded to fit the shape of the wearer's nose.
- A medical mask's light-coloured side should face inside; the side with the metal piece is the upper side of the mask.
- After identifying the mask's outside, inside, upper and lower parts, people should wash their hands before putting the straps of the mask over their ears.
- Last, the wearer should press the metal piece to make it fit the shape of his or her nose and stretch the lower part of the mask to cover his or her nose, mouth and chin.

03 Wearing Masks for People with Special Needs

- Pregnant women are advised to select comfortable masks based on their physical condition.
- If elderly people and people with chronic heart or lung diseases feel uncomfortable when wearing a mask, they should ask for instructions from a doctor.
- Children should wear suitable child-sized face masks.

Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands. Avoid touching eyes, nose and mouth.

Prevention of pneumonia caused by novel coronavirus infection

Seven steps of hand hygiene



1. Rub your palms together



2. Rub the back of each hand



3. Rub both your hands while interlocking your fingers



4. Rub the back of your fingers



5. Rub the tips of your fingers



6. Rub your thumbs and the ends of your wrists



7. Rinse both hands properly with water

Step 1 - Rub your palms together.

Step 2 - Rub the back of each hand.

Step 3 - Rub both your hands while interlocking your fingers.

Step 4 - Rub the back of your fingers.

Step 5 - Rub the tips of your fingers.

Step 6 - Rub your thumbs and the ends of your wrists.

Step 7 - Rinse both hands properly with water.

EACH STEP >15 Seconds

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Use masks

WHEN TO USE A MASK

For healthy people wear a mask **only if you are taking care of a person with suspected 2019-nCoV infection**

Wear a mask, if you are coughing or sneezing

Masks are effective only when used in **combination with frequent hand-cleaning with alcohol-based hand rub or soap and water**

If you wear a mask then you **must know how to use it and dispose of it properly**



before



03-19-2020



人群及场景		可不戴或普通口罩	一次性使用医用口罩 (YY/T0969)	医用外科口罩 (YY 0469)	颗粒物防护口罩 (GB 2626)	医用防护口罩 (GB 19083)	防护面具 (加P100 滤棉)
低风险	居家活动、散居居民	○					
	户外活动者	○					
	通风良好场所的工作者、儿童和学生等	○					
较高风险	对确诊、疑似现场流行病学调查人员				✓	○	
	急诊工作医护人员				○		
	对密切接触者开展流行病学调查人员				○		
	对疫情相关样本进行检测人员				○		

人群及场景		可不戴或普通口罩	一次性使用医用口罩 (YY/T0969)	医用外科口罩 (YY 0469)	颗粒物防护口罩 (GB 2626)	医用防护口罩 (GB 19083)	防护面具 (加P100 滤棉)
中等风险	普通门诊、病房工作医护人员等		✓	○			
	人员密集区的工作人员		✓	○			
	从事与疫情相关的行政管理、警察、保安、快递等从业人员		✓	○			
	居家隔离及与其共同生活人员		✓	○			
较低风险	在人员密集场所滞留的公众		○				
	人员相对聚集的室内工作环境		○				
	前往医疗机构就诊的公众		○				
	集中学习和活动的托幼机构儿童、在校学生等		○				

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water

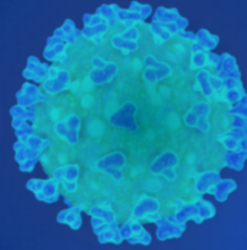


Stay home if you feel unwell.

National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

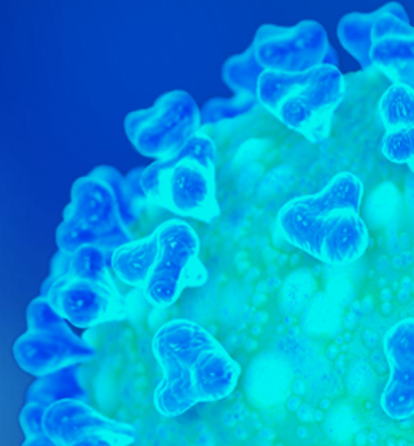


03



PRACTICE AGAINST COVID-19

The CHINESE speed, the
CHINESE strength and the
CHINESE practice.



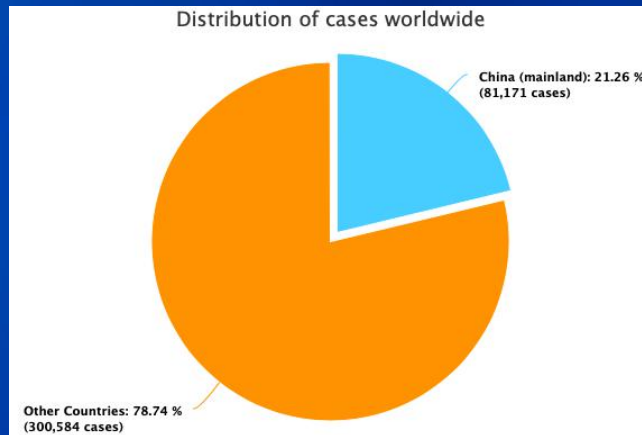
SOME NUMERICAL DATA

81,747

Reported cases in CHINA
as of 24 March 2020

195,511

Reported cases in European
Region as of 24 March 2020



3283

Total deaths in
CHINA

10,189

Total deaths in
European Region

THE CHINA RESPONSE

Non-pharmaceutical
surveillance to
immediately detect cases

Very rapid diagnosis and
immediate case isolation

Rigorous tracking and
quarantine of close
contacts

An exceptionally high
degree of population
understanding and
acceptance of measures

Achievements

Provide vital lessons for
the global response

Reverse the escalating
cases in both Hubei and
importation provinces

A unified and efficient command system

A unified and efficient command system led by President Xi and the Communist Party of China.

Comprehensive mobilization, comprehensive deployment and comprehensive strengthening of Epidemic prevention and control.

Legal, scientific and accurate prevention and control strategy

Four defend line.

1. In order to prevent the output of epidemic to other province and spread inside Hubei province, Wuhan transportation was locked down. Besides Hubei, each province support one city in Hubei province.

2. Ensure the security and stability of Beijing.

3. Share of information and prevent the spread of epidemic to the 6 nearby province.

4. Resolutely curb on the spread of the epidemic throughout the country. Popularize the knowledge of epidemic prevention and let everyone know what to do, how to do and take the respond action.

Forward prevention modes

1. Early detection, early reporting, early isolation and early treatment of COVID-19.
2. Revised the prevention and control programs for 6 times. More and more targeted prevention methods were used to guide the different groups of people, such as old people and children, the different places, such as bus stations and shopping malls.

Unified deployment of medical resources

1. The hospital beds increased from 5,000 to 23,000 in very short term, including 9,000 beds for severe patients.
2. A number of gymnasiums, exhibition centers and training centers were transformed into square cabin hospitals and isolation places. 16 square cabin hospitals treated a total of 12,000 mild patients.

Huoshenshan & Leishenshan Hospital

All medical staff from the **armed forces** are tasked with treating patients, including medical staff from hospitals affiliated to the People's Liberation Army (PLA) Joint Logistic Support Force and medical universities of the army, navy and air force of the PL.



Mobile cabin hospital

Wuhan renovated the city's sports stadium and two convention centers into three mobile cabin hospitals to offer a total of 3,400 beds to treat mild COVID-19 patients.. Once a patient's symptoms worsen, he or she will be transferred to Jinyintan Hospital, one of the city's designated hospitals to admit patients infected with the new virus, in a timely manner.



Cooperate to promote rescue and treatment ability

More than 340 medical teams and national emergency medical rescue teams and more than 40,000 outstanding medical staff rushed to Hubei.

Gathering patients, gathering experts, gathering resources to rescue patients.



Extensive use of new technology

Use new technology, such as big data to help the traffic control and assist in carrying out epidemiological investigations.

Push forward the vaccine research and development.

Traditional Chinese Medicine also plays an important role in the treatment of COVID-19.

TCM medicines used in treating COVID-19

Jinhua Qinggan Granule Lianhua Qingwen Capsule

金花清感颗粒

连花清瘟胶囊



Huashi Baidu Formula

化湿败毒方

Xuebijing Injection

血必净注射剂



Lung Cleansing
and Detoxifying Decoction

清肺排毒汤

Xuanfei Baidu Granule

宣肺败毒方

Differences between TCM and Western medicine

TCM and Western
medicine are like
steamed buns and
bread. No one is
superior to the other.

What matters is they are both
capable of treating disease.

Liu Qingquan

head of Beijing Hospital
of Traditional
Chinese Medicine



One mind and one world

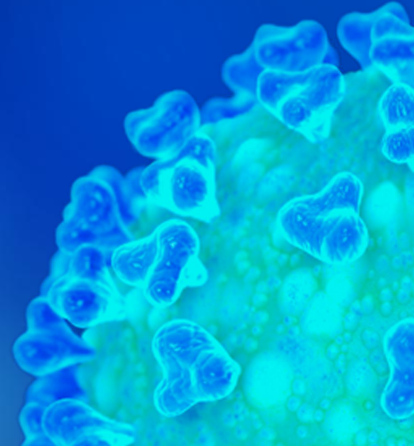
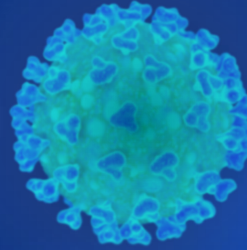
All Chinese people are all of one mind to win the fight against the COVID-19.

China would like to help the other country to win the fight.

WHO chief said **Wuhan** provides **HOPE** to the world that even the most severe situation of **COVID-19** can be turned around.

04.

Summary



1

THE VIRUS FEATURES

病毒特点

A new pathogen

一种新出现的病原体

Which is highly contagious and can spread quickly

传染性强、传播速度快

ZOONOTIC ORIGINS

病毒属性

COVID-19 is a zoonotic virus, meaning it originated from animals

动物源性病毒

Early cases are believed to be infected from a zoonotic source

早期病例是通过动物传染到人

3

RESERVOIR

病毒宿主

Bats appear to be the reservoir of COVID-19 virus, but the intermediate host(s) has not yet been identified

蝙蝠似乎是病毒宿主，但中间宿主尚未查明

ROUTES OF TRANSMISSION

传播途径

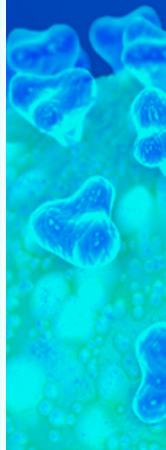
The novel coronavirus is transmitted via droplets and fomites during close unprotected contact between an infector and infectee

无防护状态下通过飞沫和密切接触传播

It can be envisaged if certain aerosol-generating procedures are conducted in healthcare facilities

医疗机构中或可存在因医疗操作产生气溶胶而发生空气传播

4



SUSCEPTIBLE GROUP

6

易 感 人 群

Everyone is assumed to be susceptible

几乎人人易感

ASYMPTOMATIC INFECTIONS

7

无 症 状 感 染 者

The proportion of truly asymptomatic infections is unclear

比例尚不明确

Appears to be relatively rare

相对较罕见

8

PATIENTS

患 者

Incubation period: average 5-6 days, range 1-14 days

潜伏期：平均潜伏期5至6天，范围1至14天

Signs and symptoms: mild respiratory symptoms and fever

症状：轻度呼吸道症状、发热等症状

Most people infected with the virus have mild disease and can recover. Individuals at the highest risk for severe disease and death include people aged over 60, and those with underlying conditions

轻重症人群：多数患者为轻症可痊愈，重症和死亡高危人群为年龄60岁以上，以及患有基础病者

TRANSMISSION IN CLOSED SETTINGS

9

封 闭 场 所 疫 情

In prisons and hospitals

场所：监狱、医院等

The close proximity and contact among people in these settings and the potential for environmental contamination are important factors

传播的重要因素：人际间的密切接触；潜在的环境污染



10

FOR THE PUBLIC

对公众的建议

Outbreaks can be managed with the right response

采取正确的应对措施，疫情爆发就可得到控制

Frequently wash hands and always cover your mouth and nose when sneezing or coughing

勤洗手、打喷嚏或咳嗽时掩住口鼻

Continually update yourself on COVID-19 and its signs and symptoms

Be prepared to actively support a response to COVID-19

积极参与疫情防控

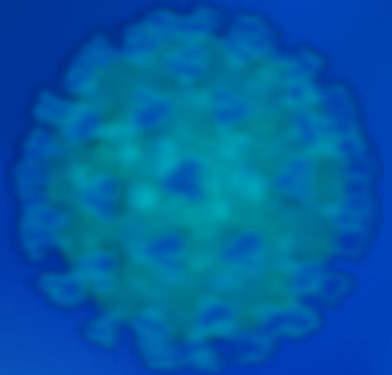
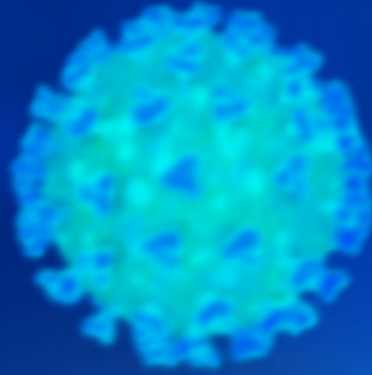
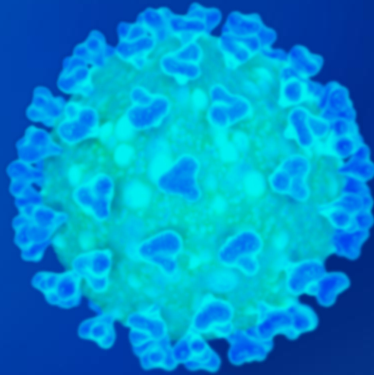
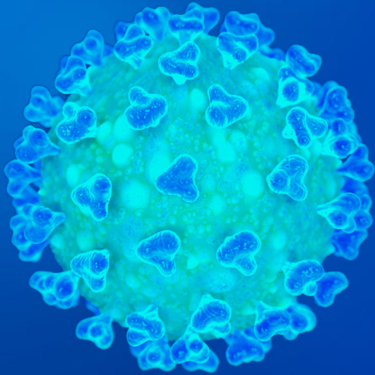
Adopt stringent 'social distancing' practices

严格保持“社交距离”

Help the high-risk elderly population

努力帮助老年人等高危人群

Dawn is breaking and
we are seeing light coming through.



THANKS!

