



# Kenya Medical Association

## NATIONAL EXECUTIVE

KMA CENTRE, CHYULU ROAD, P.O. BOX 48502 – 00100 GPO, NAIROBI - KENYA

Mobile: +254 722 275 695

Email: [nec@kma.co.ke](mailto:nec@kma.co.ke)

Website: [www.kma.co.ke](http://www.kma.co.ke)

28<sup>th</sup> FEBRUARY 2020

### KMA ADVICE TO THE HEALTH WORKERS ON CORONAVIRUS THREAT

**Coronavirus (Covid-19)** is a viral disease

- Can cause respiratory symptoms ranging from very mild to very severe
- Symptoms can include cough, fever and difficulty breathing
- It was first identified in China and currently having over 83,000 cases globally
- 1 case being reported in Africa.

### HEALTH WORKERS PROTECTION

Infection Prevention and Control (IPC) is a critical and integral part of clinical management of patients and should be initiated at the point of entry of the patient to hospital (typically the Emergency Department). Standard precautions should always be routinely applied in all areas of health care facilities.

Standard precautions include:

- hand hygiene
- use of PPE to avoid direct contact with patients' blood, body fluids, secretions (including respiratory secretions) and non-intact skin.
- Prevention of needle-stick or sharps injury
- safe waste management
- cleaning and disinfection of equipment
- cleaning of the environment.

### LAB SAMPLE COLLECTION

- Collect specimens from BOTH the upper respiratory tract (URT; nasopharyngeal and oropharyngeal) AND lower respiratory tract (LRT; expectorated sputum, endotracheal aspirate, or bronchoalveolar lavage) for 2019-nCoV testing by RT-PCR. Clinicians may elect to collect only LRT samples when these are readily available (for example, in mechanically ventilated patients).
- All specimens collected for laboratory investigations should be regarded as potentially infectious. HCWs who collect, handle or transport any clinical specimens should adhere rigorously to the following standard precaution measures and biosafety practices to minimize the possibility of exposure to pathogens.
- Ensure that HCWs who collect specimens use appropriate PPE (i.e., eye protection, a medical mask, a long-sleeved gown, gloves).
- If the specimen is collected with an aerosol-generating procedure, personnel should wear a particulate respirator at least as protective as a NIOSH-certified N95, an EU standard FFP2, or the equivalent;
- Ensure that all personnel who transport specimens are trained in safe handling practices and spill decontamination procedures;
- Place specimens for transport in leak-proof specimen bags (i.e., secondary containers) that have a separate sealable pocket for the specimen (i.e., a plastic biohazard specimen bag), with the patient's label on the specimen container (i.e., the primary container), and a clearly written laboratory request form;

- Ensure that laboratories in health care facilities adhere to appropriate biosafety practices and transport requirements, according to the type of organism being handled;
- Deliver all specimens by hand whenever possible. DO NOT use pneumatic-tube systems to transport specimens;
- Document clearly each patient’s full name, date of birth and suspected nCoV of potential concern on the laboratory request form.
- Notify the laboratory as soon, **In Kenya, The National Public Health Laboratories are handling the COVID-19 testing**

**WHAT SHOULD HEALTH FACILITIES DO?**

- Encourage HCWs to have a high level of clinical suspicion
- Establish a well-equipped triage station at the entrance of health care facility, supported by trained staff.
- Institute the use of screening questionnaires according to the updated case definition
- ([https://www.who.int/publications-detail/global-surveillance-for-human-infection-with-novel-coronavirus-\(2019-ncov\)](https://www.who.int/publications-detail/global-surveillance-for-human-infection-with-novel-coronavirus-(2019-ncov)))
- Post signs in public areas reminding symptomatic patients to alert HCWs.

**STANDARD PRECAUTIONS FOR ALL PATIENTS IN HEALTH FACILITIES**

- Hand and respiratory hygiene
- the use of appropriate personal protective equipment (PPE) according to risk assessment, injection safety practices
- Safe waste management, proper linens, environmental cleaning and sterilization of patient-care equipment.
- Ensure that the following respiratory hygiene measures are used:
- Ensure that all patients cover their nose and mouth with a tissue or elbow when coughing or sneezing.
- Offer a medical mask to patients with suspected 2019-nCoV infection while they are in
- waiting/public areas or in cohorting rooms;
- Perform hand hygiene after contact with respiratory secretions.

**Who to call**

Once you come across a suspected case, notify the **surveillance team** either at the County or national level immediately. Call the numbers provided by the Ministry of Health

**Toll-free lines**

**0800721316**

**Hotlines**

**0729471414**

**0732353535**



Dr. Jacqueline Kitulu  
**President**