

Cheatsheet for Facility Nurses Guide for Covid-19:

ABCDEF of specimen collection

A Prepare for specimen collection

1. Patient must wear surgical mask
2. Documents (Person under Investigation/PUI form, Specimen Submission form, NHLS Requisition form) to send with specimen
3. Contact Line List to send to ncov@nicd.ac.za
4. NHLS plastic bag
5. Universal Transport Medium (UTM) swab kit or 2 normal Dry Swabs or 2 Gel swabs
6. Tongue depressor
7. Cooler box with ice packs or fridge (temperature: 2-8°C)
8. Biohazard bag for disposal of non-sharp materials (red plastic)
9. PPE (N95 mask (or surgical mask if N95 unavailable), Gloves, Goggles or visor, Gown or plastic apron, Alcohol-based or other approved hand sanitizer)

B Put on your PPE

1. Wash your hands with soap and water or alcohol-based or other approved hand sanitizer
2. Put on PPE in the following order:
 - N95 mask
 - Gown or apron
 - Visor/goggles
 - Gloves

D How to collect the specimen (Nasopharyngeal Swab)

1. With your PPE on open a sterile swab at the plastic shaft
2. Ask the patient to tilt his/her head back. Estimate the distance from the patient's nose to the ear.
3. Gently insert swab into the nostril and aiming backwards (not upwards) to the nasopharynx/back of nose until a slight resistance is met
4. Rotate 2-3 times and hold in place for 2-3 seconds
5. If resistance is met before fully inserted, remove and try the other nostril
6. Slowly withdraw the swab and put it into the specimen container
7. Break plastic shaft at the break point line (if using a Universal Transport medium) & close the tube
8. DO NOT REMOVE PPE YET, start taking oropharyngeal swab (see E)

E How to collect the specimen (Oropharyngeal swab)

1. With the same PPE on including same gloves, open a second swab
2. Ask the patient to tilt their head back and mouth open
3. Hold the tongue down with a tongue depressor (if patient non-cooperative)
4. Have the patient say "aahh" to elevate the uvula
5. Swab each tonsil first, then the posterior pharynx in a "figure 8" movement
6. Avoid swabbing the soft palate or the tongue with the swab tip as this can induce the gag reflex
7. Place the swab into the same UTM tube with the NPS already in and break off the shaft at the break point (if you are using a dry swab, place them separately each in its own tube)
8. Tightly close the tube
9. Place the closed tube with two swabs, label the specimen and place in the Ziploc bag
10. Place in a refrigerator/cooler box with ice packs at 2-8°C
11. Instruct the patient to put their surgical mask back on.

F Take precaution when removing your PPE to avoid contaminating your hands and face

How to remove the PPE: ASK PATIENT TO PUT THEIR MASK BACK ON AFTER SPECIMEN COLLECTION.

1. Apply alcohol rub on your hands then gently remove the gloves without causing a snap, and put into red biohazard bin
2. Put an alcohol hand rub on your hands for 30 seconds
3. Remove the gown/apron-DO NOT TOUCH THE FRONT-ask for help if you need it. Unfasten the back ties, pull away the apron from neck and shoulder by touching the inside of the apron only and bring it forward and over the head. Turn it inside out then fold/Roll the gown or apron and throw into the red bio-hazard plastic
4. Apply hand rub on your hands for 30 second
5. Remove your visor or goggles then pull your N95 mask/surgical mask with the back strap (do not touch the mask), goggles/visor can be reused if swabbing multiple patients per session
6. The N95 mask can be reused up to 1 week by the same HCW, unless the mask is wet/ damaged. The mask should be kept in a brown paper bag or brown envelope using gloves to put it in and take it out.
7. The surgical mask can be reused and thrown away at the end of every shift or if contaminated/damp/torn.
8. Wash your hands with soap or use alcohol hand rub after removing PPE

**WE APPRECIATE
YOUR HARD WORK:**

NICD healthcare workers
helpline **082 883 9920**

MEC tollfree helpline
080 011 1151

SIGNS AND SYMPTOMS OF COVID-19:

Common

- Fever
- Cough (dry/wet)
- Shortness of breath
- Sore throat

Uncommon

- Loss of appetite
- Headache
- Myalgia (muscle pain)
- Fatigue
- Diarrhoea, nausea or vomiting
- Loss of sense of smell and taste

Severe illness

- Shortness of breath
- Respiratory rate >30 bpm in an adult
- Hypoxemia, O₂ sats <90%
- Chest X-ray with multi-lobe infiltrates or pulmonary Infiltration progressing >50% within 24-48 hours.

MODE OF TRANSMISSION:

- Person to person spread via contact (e.g. shaking a hand of someone who is infected then touching your face)
- Person to surface to person (e.g. fabric/plastic/paper)
- Respiratory droplets from infected person via talking, coughing or sneezing
- Faeco-oral transmission not yet proven
- Airborne and mother to child transmission not yet proven

INFECTION CONTROL:

Health Care Workers

- All: wash hands regularly, don't touch face
- Triage nurse: surgical mask, >1m away from people
- Consulting HCW: surgical mask, >1m, gloves, apron
- HCW performing NP/OP swab: N95 mask, gloves, apron, visor/goggles

Patient Under Investigation (Clinic and Hospital)

- Surgical mask
- Isolate (1-2m between people)
- Limit movement of patient
- Routinely clean and disinfect surfaces with which the patient is in contact (table, door handles, etc)

EDUCATE ALL YOUR PATIENTS

- Wash hands frequently with soap, especially before eating or touching their face (ie. avoid touching nose, eyes and mouth) and cover their mouth and nose with a disposable tissue or flexed elbow when coughing and sneezing
- Avoid sharing utensils and constantly clean surfaces such as tables, chairs, etc
- If they have symptoms of COVID-19, to contact their clinic prior to visiting; if they are very sick, they should go to hospital

WHO NEEDS TO BE TESTED FOR COVID-19?

In the past 14 days, have you experienced any of the following symptoms?	
PUI	Fever (temperature of >38°C or history of fever)
	Cough
	Shortness of breath or difficult breathing
	Sore throat

WHO IS AT THE HIGHEST RISK OF HAVING COVID-19?

In the past 14 days, have you:	
High Risk	Travelled outside of South Africa to a country with lots of coronavirus, or worked somewhere with a lot of international travellers
	Travelled within South Africa to an area with local transmissions: Gauteng, Western Cape, KwaZulu Natal, Free State
	Had a close contact with someone who is suspected to have COVID-19 or has been diagnosed positive for COVID-19
	Attended/worked at a healthcare facility that has treated patients with COVID-19

PRIORITISE HIGH RISK PATIENTS

INVESTIGATION AND MANAGEMENT:

If patient meets the case definition/PUI criteria, they should be tested/referred for testing:

- Upper respiratory tract samples are the most preferred samples- Nasopharyngeal and oropharyngeal swabs
- If the patient has a productive cough- Sputum should be collected but DO NOT INDUCE sputum

If your facility can conduct the test for COVID-19:

- Complete NHLS Requisition form, PUI form, and Specimen Submission form and send all three with sample
- Complete Contact Line List and email to ncov@nicd.ac.za

Mild disease

- SpO₂ ≥ 95%
- Respiratory rate <25 (ages 5-12 <30)
- Heart rate <120 (ages 5-12 <130)
- Temperature 36-39°C
- Normal mental status

Able to safely self-quarantine

- Separate bedroom available for patient to home-quarantine in
- Patient able to contact, and return to, healthcare facility in case of deterioration

Not a high risk of deterioration

- Ages <65 years
- No cardiac or pulmonary comorbidities
- No other debilitating comorbidities (e.g. cancer)

