

Q & A **on Protection Against** **COVID-19**





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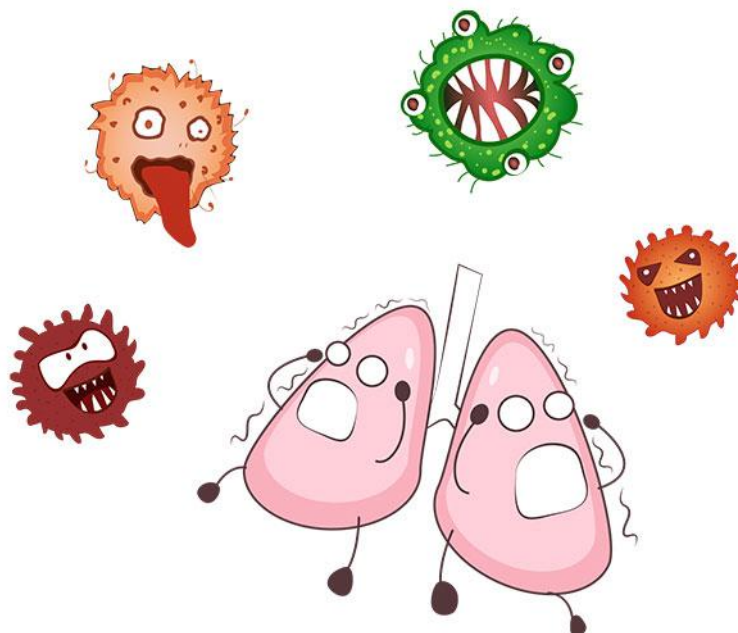
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1. What Is Novel Coronavirus?

Coronavirus is a large class of viruses, some of which can cause human diseases. Patients present with clinical symptoms ranging from common respiratory symptoms to severe lung infections. They are named “coronaviruses” because they look like the crown of an emperor. 2019 novel coronavirus (2019-nCoV, triggered COVID-19) is the 7th known coronavirus to infect humans.





2. What Are the Ways of Transmission of Novel Coronavirus?

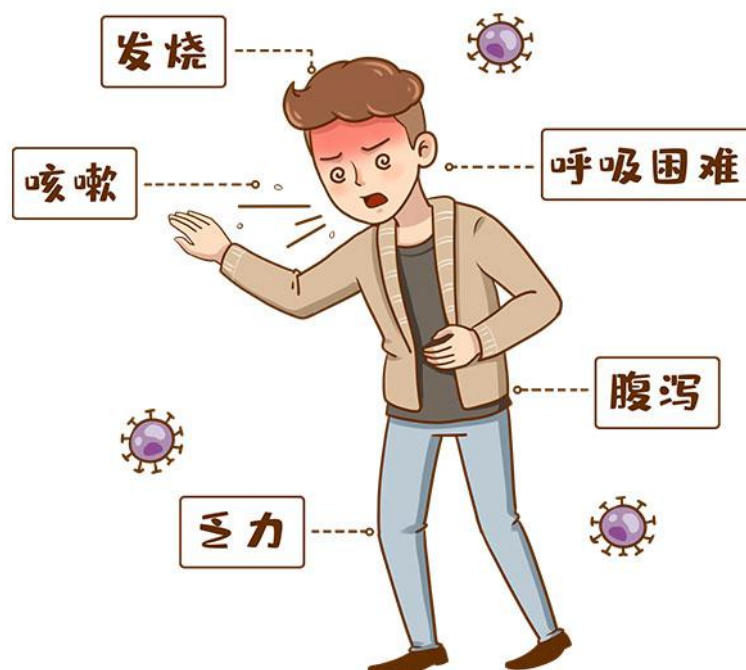
Now the main transmission routes are spread by respiratory droplets and contact. Aerosol transmission is possible in a relatively closed environment with prolonged exposure to high concentrations of aerosols; other routes of transmission remain to be identified; the population is generally susceptible.





3. What Are the Suspected Symptoms of COVID-19?

Suspected symptoms include fever、cough、sore throat、chest tightness、breathing difficulties、fatigue、nausea and vomiting、diarrhea and muscle soreness.





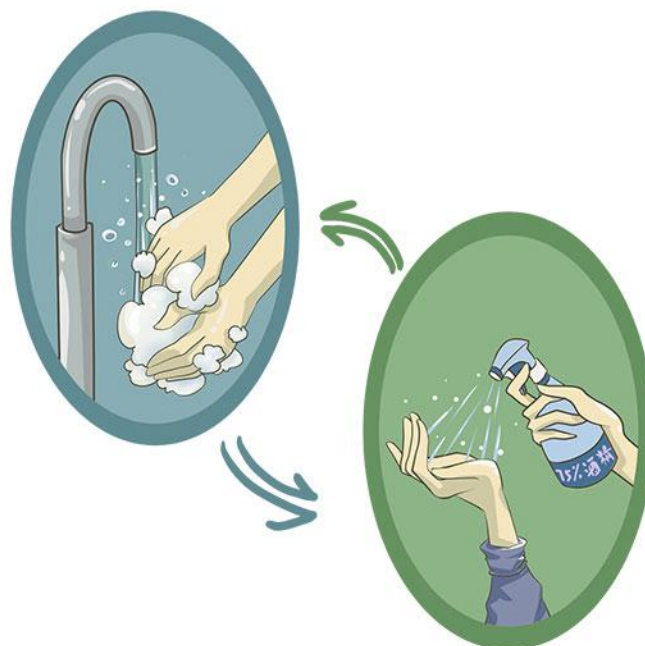
4.How to Use a Mask?

- 1)Mask is not required in open and ventilated areas in medium and the low-risk regions, it should be worn when entering crowded or closed public places;**
- 2)A disposable medical mask is recommended in high-risk areas and ventilated places; and surgical mask or particulate protective mask is recommended in crowded or closed public places;**
- 3)When you come to the hospital with suspected symptoms, you should wear a particulate protective mask without air or a surgical mask;**
- 4)Patients who have the respiratory disease should use a protective mask under the guidance of a doctor;**
- 5)Infants and young children should not wear masks as it could easily cause suffocation.**



5. How to Maintain Hand Hygiene?

- 1) Use hand wash (or soap) to wash your hands under running water;
- 2) We can choose to containing-alcohol and quick-drying hand disinfectant or alcohols combined with quick-drying hand disinfectant rub hands;
- 3) We can wipe hands directly with 75% ethanol. If there is no disinfectant can also use effective disinfectant wipes.





6. Does the Mobile Phone Need to Be Disinfected? How to Disinfect the Mobile Phone?

A mobile phone is an object that remains in physical contact with high frequency, so it should be cleaned and disinfected. After returning home every time, turn off the mobile phone and dip a proper amount of 75% alcohol, or use a disinfectant wipes to clean its surface after it cools down completely. Afterward, remember clean hands carefully.





7. What is the Etiquette of Coughing and Sneezing?

When coughing or sneezing, cover the mouth and nose with elbow, cloths or paper towels. The used paper towel should be disposed of properly into the garbage can. After coughing or sneezing, wash hands with running water or disinfect hands with quick-drying hand disinfectant as soon as possible. If there is no condition for cleaning hands, do not touch mouth, nose or eyes directly with hands.





8.How Can Students Protect Themselves?

- 1) Students who have lived or traveled in areas with a high risk of epidemics should be under medical observation for 14 days at home or in designated places after leaving the areas with a high risk of outbreaks, according to the requirements of local epidemic prevention and control work;
- 2) Students who are on holidays everywhere should stay at home as much as possible, and try not to go out after returning to school, participate in activities in densely populated public places, and reduce visiting relatives and friends.;
- 3) Implement daily health monitoring.





9. How Should Do Self Protection in Public Places?

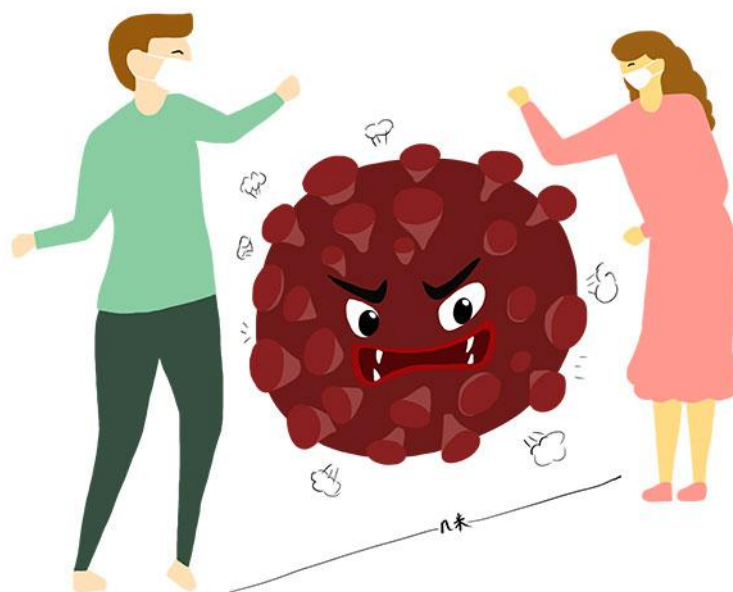
- 1) Avoid going to areas where the pandemic is prevalent; reduce activities in densely populated public places, especially in places with reduced air mobility, such as cybercafes, KTV, etc.; it is suggested to minimize visiting relatives, friends and dinner parties;
- 2) It is recommended to wear a disposable medical mask or medical-surgical mask when going out;
- 3) Reduce contact with public objects and wash hands frequently;
- 4) Pay attention to the etiquette of coughing and sneezing;
- 5) When there are many people in the same public space, it is recommended to wear disposable medical masks and keep a distance of more than 1 meter.



10. How Should We Greet Each Other During the Epidemic?

1) Keep yourself at a distance more than 1 meter and wear the face mask when meeting others. It is not recommended to shake hands, hug and other physical contact behaviors, and it is recommended to salute or raise hands to greet;

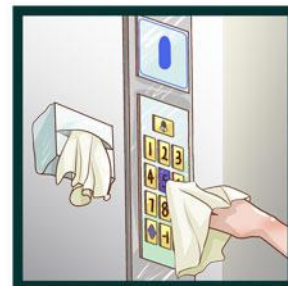
2) Pay attention to the etiquette of coughing and sneezing.





11.What Should We Notice About When Taking the Elevator?

- 1)Wear disposable medical masks all the time;
- 2)Avoid the crowded elevator and try to keep as far as possible from fellow passengers; if someone is found to have a cough and other suspicious symptoms while waiting, it is recommended to avoid riding together as much as possible;
- 3)Observe the etiquette of coughing and sneezing;
- 4)Avoid touching the elevator button directly with your hand;
- 5)Wash your hands after leaving the elevator.





12.How to Take Appropriate Precautions in the Private Car?

- 1)Ventilate in an open place, personal protective equipment such as masks, disinfectant wipes or hands-free disinfectants shall be equipped in the vehicle to keep hands clean;**
- 2)When taking someone a ride with suspicious symptoms, they are supposed to wear disposable medical masks or N95 medical protective masks, the person on the same vehicle it is recommended to wear medical surgical masks and keep windows open and ventilated. Keep ventilating after getting off, and use hand disinfectant and disinfectant wipes for Wiping and disinfecting the contact surface;**
- 3)After taking the patients with COVID-19, the local health department should be contacted to finish the disinfection of the private car in time before the car can be used again.**



13. What Should we do When Taking Public Transportation?

- 1) Wear disposable medical masks all the time;
- 2) It is recommended to wear gloves and wash your hands after taking off your gloves when you arrive at your destination. Try not to touch anything on the vehicle as much as possible, or carry quick-drying hand disinfectant and disinfectant wipes with you for hand cleaning;
- 3) Pay attention to the etiquette of coughing and sneezing.





14. What Should We Do When Going Through Security at Railway Station or Airport?

Masks should be worn throughout the railway station and airport. We should be taken off the mask briefly during the security check. Generally, we will not be infected. When removing the mask, it is recommended to keep a certain distance (more than 1 meter) from others and avoid facing others directly. Put on your mask immediately after the facial recognition and get through the security check as soon as possible.





15.How to Do Sterilize Well of Home?

If there are no suspected cases or close contacts at home, then:

- 1)In daily life need to keep ventilation, wash your hands, do clean thoroughly and maintain environmental hygiene;
- 2)When you get back home, wash your hands first. Your clothes, shoes put them outdoor, with no need to sterilize.
- 3)The indoor environment is mainly about cleaning in daily life; if guests whose health is unknown are coming to visit, disinfect indoor surfaces promptly, can choose proper and effective disinfectant or disinfection wipes wipe disinfection.
- 4)The meal (drinking) utensils can be boiled and sterilized for 15 minutes after removing food residue.



16. What Should We Do After Toilet?

1) After using the toilet, put on the lavatory cover at first, and then flush the toilet, wash your hand carefully while ensuring cleanliness and good hygiene.

2) Have close contacts at your home: try to use a separate bathroom or use chlorine-containing disinfectant (such as 84 disinfectant) cleaning the toilet, and use disinfectant wiping the “High-frequency contact” position. For example, the toilet button, toilet seat pad, the toilet inside and door handle, etc.

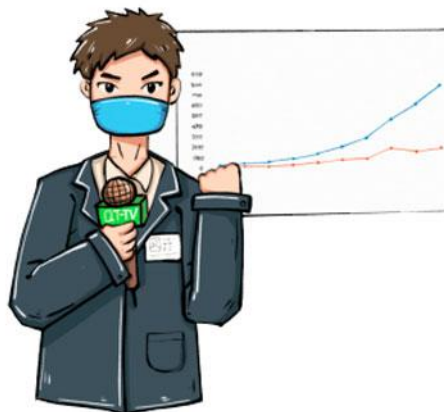




17. How to Keep a Good Mentality in the Face of the Epidemic?

During the epidemic, in a desperate situation, we are always feeling sadness, nervous, upset, puzzled, afraid, or hot-tempered these situations are all normal. Communicate with you trust people r while you can communicate with your families and friends can help each other.

Furthermore, the explosion period is also the explosion period of the information epidemic. Obtain authentic information, gather the information that will help accurately determine the risks, and refer to trusted sources to take reasonable precautions to avoid unnecessary panic or anxiety.





18. Why We Need Quarantine?

The three basic links of infectious diseases are the transmission way of infection source and susceptible population:

- **Infections source:** people or animals that can transmit pathogens;
- **Transmission way:** the way that pathogens leave the source of infection to reach healthy people, such as respiratory droplets, air transmission, food transmission, biological media transmission and other
- **Susceptible groups:** people who are vulnerable to certain infectious diseases due to lack of immunity are called susceptible groups.

Therefore, to control the spread of infectious diseases, it is necessary to isolate the cases from three aspects: managing the source of infection, cutting off new routes of transmission, and protecting the susceptible population.



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