

# *Top 5 COVID-19 Prevention Pearls*

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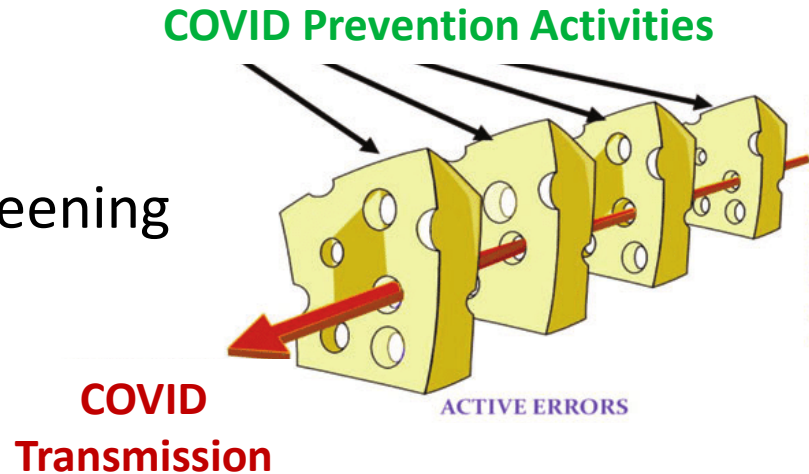
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# Prevention Pearl #1 – Use Multiple Barriers

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- Imperfect behavior - multiple prevention barriers are necessary
  - ✓ Universal masking
  - ✓ Hand hygiene
  - ✓ Social distancing
  - ✓ Daily symptom/temp screening
  - ✓ Staying home when ill



# Prevention Pearl #2 – Address Droplet Spray

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- 1 of 2 ways COVID transmitted
- Respiratory spray from ill person to your eyes, nose, mouth
  - ✓ Two-way masking is protective
  - ✓ Ensure masks are not porous (can't blow out a candle)
  - ✓ Must cover nose and mouth properly, fit snugly
  - ✓ If friend won't mask → ensure 6+ feet of distance

# Prevention Pearl #3 – Address Fomites

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- Second way COVID transmitted
- Infected droplets on surfaces survive up to 1-2 days
  - ✓ Environment not sterile
- Key reminder
  - If cannot sanitize objects all the time, how to keep safe?
  - School and personal hand sanitizer
  - **Always sanitize hands before touching face, mask or eating**

# School Safety and Personal Responsibility

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- **What can students/parents do?**
  - ✓ Teach proper mask wearing
  - ✓ Hand hygiene always before touching face, mask, glasses
- **What can help?**
  - ✓ Show them 6 feet with a measuring tape
  - ✓ Run scenarios about eating, asking friends to distance
  - ✓ Personal hand sanitizer to clean hands before touching face
  - ✓ Wipes to clean rotating desks in middle/high school

# Prevention Pearl #4 – High Risk Moments

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- Eating is the highest risk moment of the day
  - Remove mask just before eating, minimize off-time
  - Clean hands well before removing mask, eating
  - Store mask in clean open bag
  - Critical to keep 6 feet from another person
  - No shared food
- Easy to mistakenly believe that friends won't give you COVID

# Prevention Pearl #5 – Speak Up

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- Counterintuitive, needs encouragement
  - ✓ Speak up about mild illness
  - ✓ Correct one another (because you care)
  - ✓ Remind friends: hand hygiene, social distance, safe masking
- Needs demonstration and practice
- Needs positive reinforcement for culture change

# Second Wave Preparations

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- Propelling Conditions
  - ✓ Colder temperature, less humidity
  - ✓ Increased interactions: schools, businesses
  - ✓ Holiday/family gatherings
- Cold and flu season will confound COVID diagnosis
  - ✓ Could see dual infection, higher severity
  - ✓ Critical year to ensure flu vaccination