



Questions on protection

1. What are the personal precautions against 2019-nCoV infections?

- 1) Wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol.
- 2) Avoid touching your eyes, nose and mouth with your hands.
- 3) Wear a mask and avoid crowds when you go outside. Keep a distance of more than 1 meter when contact with people and avoid staying in public places for a long time.
- 4) Avoid close contact with anyone who has cold or flu-like symptoms.
- 5) Try to avoid contact with wild or farmed animals without protection.

(Reference: Answers to Common Questions About 2019-nCoV by WHO, National Health Commission “*Prevention and control of Novel Coronavirus Pneumonia (Fourth Edition)*” ; Chinese Academy of Medical Sciences and Peking Union Medical College Hospital “*PUMCH Novel Coronavirus Pneumonia Prevention and Precautions Handbook*”)

2. What are close contacts?

Close contact refers to people having one of the following contact situations with suspected, confirmed or mild cases of Novel Coronavirus Pneumonia after their onset, and with the asymptomatic infected persons after them being tested positive, but have not taken effectively protective measures:

- 1) Cohabitation, study, work, or other close contacts, such as working close to one another, studying in the same classroom or living in the same house;
- 2) Health care workers, family members, or other people who have similar close contact during the course of diagnosing, treating, nursing and visiting the case, such as visiting the patients or staying with the



patients in a closed environment, other patients in the same ward and their caregivers;

- 3) People who travel in the same vehicle and have close contact, including caregivers and accompanying people (family, colleagues, friends, etc.) on the vehicle, or other passengers and stewards who have been found to be in possible close contact with cases (suspected cases, confirmed cases) and infected people (mild cases, asymptomatic infections) after investigation and evaluation;
- 4) People who are assessed by the field investigators as persons in contact with close contacts.

Guidelines for judging close contacts of vehicles

1. Aircraft.

- 1) In general, all passengers in the same row and three rows in front and back of the seats in which the case sat in civil aircraft cabins, as well as flight attendants who provide cabin services in the above areas can be treated as close contacts and other passengers on the same flight treated as general contacts.
- 2) People on a civil aircraft not equipped with a high-efficiency particulate filtering device.
- 3) Other persons known to have close contact with the case.



2. Passenger trains.

- 1) Taking fully enclosed air-conditioned trains, passengers and stewards in the same carriage of the hard seat (hard sleeper) or the same soft sleeper compartment with the case.
- 2) Taking non-fully enclosed ordinary trains, passengers in the same soft sleeper compartment, or passengers in the same and adjacent compartments in the carriage of the hard seat (hard sleeper), and stewards serving the area with the case.
- 3) Other persons known to have close contact with the case.





3. Car.

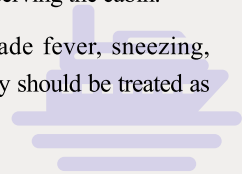
- 1) When traveling in a fully-sealed air-conditioned passenger car, all persons sharing the same car with the case.
- 2) When traveling in a ventilated ordinary passenger car, passengers and drivers in 3 rows of seats before and after seats in which the case sat
- 3) Other persons known to have close contact with the case.



4. Ship.

All persons in the same cabin with the case and stewards serving the cabin.

If the patient has severe symptoms such as high-grade fever, sneezing, coughing, and vomiting during contact with the case, they should be treated as close contacts regardless of the length of time.



(Reference: National Health Commission “*Prevention and control of Novel Coronavirus Pneumonia (Fourth Edition)*”)

3. What is the right course of action as close contacts?

At present, preventive public health measures such as relatively strict isolated medical observations have been adopted for close contacts. After returning to your place of residence, you can pay attention to strengthening your personal protection within 2 weeks. When you are contacted by the CDC, you will need to undergo medical observation at home and receive follow-up from the community doctors on a regular basis. This is how you can stay quarantined on your own at home:

- 1) Place the quarantined individual in a well-ventilated, separate room. If there is no separate room, carers should also be at least 1 meter away from close contacts.
- 2) Family members should wear masks when entering the space where the quarantined individual stays or moves about. Visitors from inside and outside the family should be declined.
- 3) Limit the activities of the quarantined individual and ensure that the shared area (toilet, bathroom, etc.) is well ventilated.
- 4) No spitting. Cover your mouth and nose with a tissue or elbow when you cough or sneeze.

- 5) Wash your hands frequently. When washing your hands with soap and water, it is best to use disposable paper towels.



Minimize and avoid contact with supplies used by close contacts (mobile phones, remote controls, tableware, towels, etc.), and disinfect public supplies (tables, chairs, door handles, etc.). It is recommended to use chlorine disinfectants and peroxyacetic acid disinfectants.

- 6) Wear disposable gloves and masks to clean and disinfect the home environment, mop the floor with a chlorine-containing disinfectant every day, and seal and dispose of garbage. Keep your home environment clean.

4. Under what circumstances should the quarantined individuals seek medical attention?

As soon as the concerned individual has symptoms such as fever (underarm temperature $\geq 37.3^{\circ}\text{C}$), cough, shortness of breath and other early clinical symptoms of acute respiratory infections, he/she should seek medical treatment immediately according to the following recommendations:

- 1) Once the quarantined individual has symptoms, it is safer for him or her to wear a mask and keep a distance of about 1.5 meters to 2 meters with other people. Or at least more than 1 meter.
- 2) Public transportation should be avoided as much as possible. You can call for an ambulance through a hotline or drive to the hospital. Open the windows to maintain ventilation and disinfect the private cars as required.
- 3) All personnel and medical personnel who come into contact with the affected person should wash their hands in a timely manner.
- 4) Any part of the vehicle that is contaminated with respiratory secretions or body fluids should be disinfected in time (1 part bleach + 99 parts water).



5. Why should close contacts be observed for 14 days?

Based on the current epidemiological investigation, the incubation period of the Novel Coronavirus Pneumonia is 1-14 days, and mostly 3-7 days. At the same time, considering the incubation period of other diseases caused by coronaviruses and the needs of the current prevention and control efforts, the medical observation period of close contacts is set at 14 days and home medical observations are imposed for close contacts. If the observed subject has fulfilled the 14 day observation after the last unprotected contact with a confirmed case or suspicious exposure, those who have not developed the disease can regain normalcy of one's life or go back to school or work.

(Reference: FAQ about 2019-nCoV by WHO, National Health Commission “*Prevention and control of Novel Coronavirus Pneumonia (Fourth Edition)*”; Chinese Academy of Medical Sciences and Peking Union Medical College Hospital “*PUMCH Novel Coronavirus Pneumonia Prevention and Precautions Handbook*”)

6. What are the home precautions?

- 1) During the epidemic period, ordinary families are recommended to ventilate rooms.
- 2) The surface of the ground, table, furniture and other objects should be cleaned daily and disinfected regularly.
- 3) Family members do not share towels, keep their rooms and tableware clean, and air quilts and clothes frequently.
- 4) Monitor the health of family members and yourselves. Active temperature measurement when you feel consciously feverish.
- 5) After going home, wash your hands with soap and running water, or disinfect your hands with an effective disinfectant.
- 6) When some family member has suspicious symptoms, others should protect themselves by quarantine measures and sent to hospital in a timely manner. After the consultation, the isolation room and items contacted (such as the living room floor, bathroom, furniture countertops, door handles, dining utensils, etc.) should be disinfected. Wash your hands immediately after disinfection.

(Reference: Chinese Center for Disease Control and Prevention “*Guidelines for Public Prevention of Pneumonia Caused by Novel Coronavirus Infection*”; Chinese Academy of Medical Sciences and Peking Union Medical College Hospital “*PUMCH Novel Coronavirus Pneumonia Prevention and Precautions Handbook*”)

7. How to prevent 2019-nCoV infection in public places?

- 1) On the way to and from work: Wear disposable medical masks properly. Try not to use public transportation. Walking, cycling, or taking a private car or shuttle are recommended. Try to avoid touching any items in the car with your hands during the journey. After returning home, remove your mask and wash your hands first.
- 2) In the dining hall: Have meals in staggered batches instead of having all the people at once. It is recommended that employees bring their own lunch boxes if possible and bring them back to the office to eat after purchasing the food to avoid the crowd.
- 3) Maintain air circulation in public places, open windows for ventilation frequently, and avoid gatherings with many people.
- 4) Keep the environment clean and clean up the garbage in time.
- 5) In epidemic areas, the public should try their best to avoid going to public places, especially places with dense crowds and poor air circulation.



(Reference: Chinese Center for Disease Control and Prevention “*Guidelines for Public Prevention of Pneumonia Caused by Novel Coronavirus Infection*”; Chinese Academy of Medical Sciences and Peking Union Medical College Hospital “*PUMCH Novel Coronavirus Pneumonia Prevention and Precautions Handbook*”)

8. How to wash your hands properly?

As frequent and correct hand-washing can effectively cut off the transmission of the virus, so it is very necessary. Wash hands after coughing and sneezing, before or after contacting outsiders or patients, before or after preparing food, before meals, after using the toilet, after contacting animals, after handling garbage, outdoors activities, handling any tasks, shopping, or after touching coins.

Always wash your hands with running water, not basin water, and rub for at least 20 seconds. You can't just wash your hands with water, you must use soap or liquid soap to effectively remove pathogenic bacteria. If you use an alcohol-based hand sanitizer, please pay attention to the "period after opening" in the product description. Generally, the period after opening the bottle does not exceed 30 days.



Wash your hands correctly:

- 1) Wet hands under running water.
- 2) Take an appropriate amount of liquid soap (soap) and apply it evenly to the entire palm, back of the hand and fingers.
- 3) Rub your hands carefully for at least 15 seconds, the specific operation is as follows (Figure).
- 4) Rinse hands thoroughly under running water.
- 5) Dry your hands and take an appropriate amount of hand lotion for skin care.

Six-step hand-washing method to prevent Novel Coronavirus Pneumonia



1) Palms face each other, fingers close together, rub each other



2) Rub the palm of your hand against the back of another hand, and rub each other along your fingers.



3) Palms face each other, fingers cross, and rub each other



4) Bend your fingers, rotate the knuckles in the palm of the other hand, and then exchange.







5) Hold the thumb of your left hand with your right hand, rotate and rub, then exchange.





6) Put the tips of five fingers together, rotate and rub on the palm of the other hand, and then exchange.

(Reference: Chinese Center for Disease Control and Prevention and Chinese Academy of Medical Sciences and Peking Union Medical College Hospital “PUMCH Novel Coronavirus Pneumonia Prevention and Precautions Handbook”)

9. How to put on, use, take off and dispose of a mask?

Mask Type	Main application scenarios
<p>Do not wear or Non-medical mask</p> 	<p>Recommended for low-risk people:</p> <ul style="list-style-type: none"> • Indoor and community residents; • Those engaged in outdoor activities, including children, students in open spaces; • Those who work in a well-ventilated workplace. <p>Those who stay at home or in well-ventilated locations with low traffic density may not require masks. Non-medical masks, such as cotton gauze, activated carbon, and sponges, have certain protective effects, and can also reduce the spread of droplets caused by coughing, sneezing and talking.</p>
<p>Disposable medical mask</p> 	<p>Recommended for people with a lower risk of exposure:</p> <ul style="list-style-type: none"> • Public in densely populated areas such as supermarkets, shopping malls, vehicles, elevators. • Indoor office environment; • Patients attending medical institutions (except for fever clinic); • Children in kindergartens, students, etc who are engaged in intensive learning and activities.
<p>Medical surgical mask</p> 	<p>Recommended for people with a medium risk of exposure:</p> <ul style="list-style-type: none"> • General outpatient, medical staff in the ward, etc.; • Staff in densely populated places, including those in hospitals, airports, railway stations, subways, ground buses, airplanes, trains, supermarkets, restaurants, etc. • Personnel engaged in administrative management that related to the epidemic, and professionals such as police, security, courier, etc.; • Patients with fever or suspected case that are isolated at home, and persons living with them
<p>N95 mask, KN95 mask</p> 	<p>Recommended for people with a higher risk of exposure:</p> <ul style="list-style-type: none"> • Medical staff working in the emergency department, etc.; • Public health physicians who conduct epidemiological investigations of close contacts. • Testing personnel of environmental and biological samples related to the epidemic.



<p>Medical protective mask</p> 	<p>Recommended for personnel with high-risk of exposure :</p> <ul style="list-style-type: none"> • All staff working in the wards, ICUs, and observation rooms for patients with Novel Coronavirus Pneumonia (confirmed cases, suspected cases), including clinicians, nurses, cleaners, mortuary staff, etc. • Doctors and nurses of fever clinics at designated medical institutions in the affected areas; • Public health physicians who conduct epidemiological investigations of confirmed and suspected cases; • Overprotection is not advised for the public.
<p>Protective mask (with P100 filter cotton)</p> 	<ul style="list-style-type: none"> • The level of protection is higher than that of medical respirators. • Use in emergencies • Staff who perform tracheal intubation and endoscopy for the patients or suspected patients.

- Wearing steps: (1) Before wearing a medical surgical mask, you should check whether it is within the period of validity.
- (2) The side of the nose clip faces up, and the dark side faces outward (or fold down).
- (3) Pull the wrinkles apart, let the mask covers the mouth, nose and chin.
- (4) Move your fingertips of both hands along the metal strip at the bridge of the nose, from the middle to both sides, slowly with inward pressure, until the metal strip stick tightly to the bridge of your nose.
- (5) Properly adjust the mask so that the periphery of the mask fits the face perfectly.

Masks worn by healthy people do not have the risk of transmission of the 2019-nCoV, but the masks will be wet or soiled by secretions after wearing for 4 hours, so the protective performance has been reduced and therefore new masks should be worn. The used masks can be disposed of according to the requirements of domestic garbage classification. If it is the mask worn by suspected patients or an infected patient, it should not be discarded randomly, it should be treated as medical waste. Medical waste has strict processing procedures and cannot be re-distributed in the market.

(Reference: National Health Commission “Guidelines for the Selection and Use of Novel Coronavirus Infection Masks in Different Populations”; Chinese Center for Disease Control and Prevention “Guidelines for Public Prevention of Pneumonia Caused by Novel Coronavirus Infection”; Chinese Academy of Medical Sciences and Peking Union Medical College Hospital “PUMCH Novel Coronavirus Pneumonia Prevention and Precautions Handbook”)

10. What are the symptoms in need of medical attention?

In the case of the following symptoms, you should go to the outpatient clinic of the designated hospital:

- 1) Fever (armpit temperature ≥ 37.3 °C), cough, shortness of breath and other symptoms of acute respiratory infections;
- 2) Patients with a history of travel or residence in Wuhan or other areas with local cases of continuous transmission, or who have been exposed to feverish patients with respiratory symptoms who come from Wuhan or other areas with local cases of continuous transmission within 14 days before the onset of illness;
- 3) When a small cluster of people are infected.

Masks should be worn on the way to and throughout the hospital visit. Avoid using public transportation. You can take a private car or call an ambulance. Keep away from other people as much as possible on the road and in the hospital at a safe distance of 1.5m-2m (at least 1m). When you seek medical treatment, you should truthfully explain your conditions and the history of medical treatment. In particular, tell the doctor about your recent travel and residence history in Wuhan, history of contact with pneumonia patients or suspected patients, animal contact history, etc.

(Reference: Chinese Academy of Medical Sciences and Peking Union Medical College Hospital “PUMCH Novel Coronavirus Pneumonia Prevention and Precautions Handbook”)

11. How should patients with other diseases seek medical treatment during the epidemic period?

In principle, during the epidemic period, except for severely ill patients who must seek medical attention immediately, general people should minimize their visit or do not visit to the hospital; and if they must seek medical treatment, they should choose the nearest medical institution that can meet the needs and have a small number of outpatients. If hospital visits are essential, one should take up the essential and urgently needed medical examinations and operations, and leave other checkups and operations later dates. If you can choose a department, try to avoid the fever clinic and emergency department.

Patients and accompanying family members should wear medical surgical masks or N95 masks on the way to and within the hospital. If possible, avoid going to the hospital by public



transportation. Keep your hands clean at all times, and prepare a portable hand sanitizer containing alcohol. Keep as much distance as possible (at least 1 meter) with other people on the way and in the hospital.

(Reference: Chinese Center for Disease Control and Prevention “Guidelines for Public Prevention of Pneumonia Caused by Novel Coronavirus Infection”)

12. Is it safe to receive packages from China or other places where viruses have been found?

Yes, it's safe. Those who receive the packages are not at risk of getting infected by the 2019-nCoV. From the experience of other coronaviruses, we know that this type of virus does not survive long on objects such as letters or parcels.

(Reference: Answers to Common Questions About 2019-nCoV by WHO)

13. How to protect yourself when traveling?

- 1) Avoid close contact with anyone who has cold or flu-like symptoms.
- 2) Gloves are recommended when onboard. Seat armrests, backrests, toilet door handles, doors, and poles are all public spaces. Do not directly contact your eyes, nose, and mouth after touching them with your hands to avoid contact transmission. Wash your hands with soap and water or alcohol-based hand sanitizer.
- 3) Cover your mouth and nose with a tissue or sleeve cuff or curved elbow when you cough or sneeze, then wash your hands.
- 4) Wear masks all the time, you can wear disposable medical masks.
- 5) Eat only thoroughly cooked hot food.
- 6) If you currently have a fever or cough, please avoid traveling.
- 7) If you are sick during the trip, please notify the flight or train attendants in time, seek medical help as soon as possible, and inform the medical



staff of your travel history.

- 8) Self monitoring of your health should be carried out twice a day for 14 consecutive days, starting from leaving the epidemic areas. If condition permits, try to live alone or in a well-ventilated single room, and minimize close contacts with your families.

(Reference: Answers to Common Questions About 2019-nCoV by WHO, Chinese Center for Disease Control and Prevention “*Guidelines for Public Prevention of Pneumonia Caused by Novel Coronavirus Infection*”; National Health Commission and China Health Education Center “*Health Education Manual for Novel Coronavirus Pneumonia Control*”)



14. Are there any vaccines or drugs that can prevent 2019-nCoV infections?

At present, there are no available vaccines or drugs to prevent 2019-nCoV infection. The best way to prevent infection is to avoid exposure to the virus.

(Reference: Answers to Common Questions About 2019-nCoV by WHO)