



12<sup>TH</sup> MARCH, 2020

## THE GIMPA CLINIC

# CORONA VIRUS ALERT; A PUBLIC HEALTH EMERGENCY

Corona virus (COVID 19) has been declared a public health emergency by World Health Organization.

This virus was detected in Wuhan City, Hubei Province, China, in December 2019 and is a rapidly aggressive virus.

Global case counts and deaths are increasing each day.

Person-to-person spread has been confirmed, but it is uncertain how easily the virus spreads between people.

Clinical trials about the virus, its origin, and how it affects humans are ongoing

The virus is now declared as a worldwide pandemic with cases in Africa including neighboring Nigeria, Togo, Burkina Faso AND **TWO CASES IN GHANA.**

MOST COMMON SYMPTOMS ARE:

- Fever
- Cough
- Difficulty in breathing
- Muscle pain
- Fatigue

LESS COMMON SYMPTOMS ARE:

- Anorexia
- Sputum production

- Sore throat
- Confusion
- Dizziness
- Headache

Human transmission occurs via respiratory **DROPLETS** produced when a person sneezes or coughs.

Current estimates of the incubation period range from 1 to 14 days; the median incubation period has been estimated to be 5 days.

Transmission may be possible during the incubation period.

People travelling from areas with a high risk of infection may be screened using questionnaires about:

- Travel history
- Contact with ill persons
- Symptoms of infection
- Measurement of their temperature.

It is with utmost importance, that a public institution like GIMPA training service personnel from various nationalities, put measures to prevent the entry and spread of Corona virus as much as possible.

Measures are being put in place to help curb this public health menace.

As part of the precautionary measures to prevent members of the GIMPA community from contracting Novel Corona Virus (COVID-19), GIMPA CLINIC advises the following:

- **PUBLIC HEALTH AWARENESS**

This is to increase the knowledge of Corona virus, its signs and symptoms and how we can prevent its spread.

1. Corona Virus Awareness Symposium for ALL STAFF MEMBERS on Monday 12<sup>th</sup> March 2020. TOPIC: GIMPA CLINIC preparedness on Corona Virus, what we

should know and do.

2. Corona Virus awareness symposium for special cohort sessions like YALI.
3. The benefits of hand sanitizers and how to use them appropriately.
4. Clinic staff members will visit lecture halls as part of the awareness program.
5. CORONA VIRUS alert fliers and stickers should be available at all reception and public centers on GIMPA CAMPUS.
6. Clinic staff will not exempt satellite campuses.

- **HAND SANITIZERS WITH >60% ISOPROPYL ALCOHOL CONTENT**

1. ALL student and staff members should have personal hand sanitizers.
2. ALL student and staff members should learn how to use hand sanitizers appropriately.
3. All reception doors (Entrance and Exit doors) should have hand sanitizers dispensers with isopropyl alcohol > 60% and applying hand sanitizers appropriately should be enforced before entry and exit.
4. All office desk, tables and chairs should be disinfected every morning with ethanol or isopropyl alcohol >60%.

- **HAND WASHING AND VERONICA BUCKETS**

1. It is advised that liquid soap dispensers( preferably electronic) and running water is made available in all halls and public areas
2. Veronica buckets should be placed at vantage points with appropriate disposable tissue.

- **TEMPORAL SUSPENSION OF TRAVEL**

1. It is advised that all international conferences to be hosted by the University be suspended until further notice

2. Staff members are advised to cancel all international travels for now.
3. International visits of Professors and exchange programs are advised to be suspended for now.
4. Upon arrival of anyone on international travel assignment, kindly contact the GIMPA CLINIC on 0245894090 or self quarantine for at least 10days before reporting to office after visiting the clinic.

- **HAND SHAKE AND CLOSE CONTACTS**

1. It is also advised that hand shake during public lectures and graduation ceremonies be avoided.
2. It is advised that public address systems (PA systems) should be used during lectures so **as to space students or participants 1m apart.**
3. All public arrangements should be 1m sitting apart or better still online technology for international programs to avoid close contacts.

- **UNINTERRUPTED POWER AND WATER SUPPLY**

1. Hygiene and adequate ventilation moves hand in hand with uninterrupted water and power supply.

It is therefore advised that the institute maintains a 24 hour uninterrupted water and electricity supply.

- **STANDARD CASE DEFINITION OF A SUSPECTED CORONA CASE**

1. It is important that we understand that there is something like a standard definition of a **SUSPECTED CORONA CASE.**
2. Clinic staff members will inform staff members appropriately on what the current

case definition is should in case anyone suspects he or she has contacted the Novel Corona virus 19.

- **FACE MASK**

1. Kindly note that face mask will be worn by only persons having upper respiratory tract infection symptoms.
2. Face mask is available at the clinic.

These are initial necessary precautionary measures; there is no need for anyone to panic.

“OUR GREATEST ENEMY RIGHT NOW IS NOT THE VIRUS ITSELF. IT’S THE FEAR, RUMORS, AND STIGMA.

OUR GREATEST ASSETS ARE FACTS, REASONS, AND SOLIDARITY.” Dr Tedros Adhanom

**DR DANIEL ADUMUAH NORTEY**

**MEDICAL OFFICER**

**GIMPA CLINIC**