



Anti-Coronavirus - Best Practices

All countries, Libya included, are facing the deadly pandemic of COVID-19. COVID-19 is a virus that causes respiratory illness (like the flu) with symptoms such as a cough, fever, and shortness of breath. These symptoms may appear 2-14 days after exposure. It is highly contagious, and an individual can have no symptoms at all and yet transmit the disease to others before becoming sick. There is no cure or vaccine for this disease yet. This virus can cause severe illness across most age groups and is particularly serious for those who have other risk factors such as pre-existing conditions, compromised immune systems, or are over 60 years of age.

It is urgent that each citizen rigorously practices these **Individual Protective Measures** to protect not only himself, but also against the spread of the virus:¹

- Wash your hands frequently!
Regularly and thoroughly wash your hands with soap or clean them with a disinfectant.
- Maintain social distancing!
Maintain at least 1 meter (3 feet) distance between yourself and all other persons.
- Do not touch eyes, nose and mouth!
Hands can pick up viruses and transfer the virus to your face!
- Practice respiratory hygiene!
Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze and dispose of the used tissue immediately.

Here is the link to the World Health Organization Coronavirus disease (COVID-19) Pandemic site with some more detailed recommendations:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

https://www.who.int/docs/default-source/inaugural-who-partners-forum/coronavirus-poster-english-srilanka.pdf?sfvrsn=289dedc3_0

Below you can find a list of best practices to contain the Coronavirus based on the experiences of several countries.

¹ © Republic Austria, Federal Ministry of Social Affairs, Health, Care and Consumer Protection
<https://www.sozialministerium.at/Informationen-zum-Coronavirus/Coronavirus---Informationsmaterial-zum-Download.html>

1. General

- Be aware, that the **number of unknown infectious cases is by far higher** than the known cases. Infected persons can infect others, even if they have no symptoms.
- Consider every person you meet as infected.
- Limit contact with high risk groups, including those over 60 years old and the immunocompromised.

2. Basic Principles

- **Prepare NOW** for the outbreak of the Coronavirus in your country!
- Implement strict measures as soon as the Virus arrives in your neighboring country.
- The earlier you implement such strict measures, the fewer people will become sick and potentially die.
- Assign your associates to **separate teams** with a clear staggered schedule to ensure they do not have any physical contact with each other
- If possible, work in a **staggered shift of 14-days** (one shift at work, one shift in quarantine). This ensures that after 14 days you always have a shift where most likely no one is infected.
- Split these shifts also into teams without any physical contact to each other.
- **Preserve the health of your healthcare workers.**
- To ensure the healthcare system is not overloaded ("**flatten the curve of infections**") and can properly respond, preventative measures must be made early. Mild cases should stay at home and only those at high risk and with severe cases should seek care at medical facilities.

3. Phase I: Preparation

a. State Level

- Establish a **central coordination center** with subordinated centers on provincial level.
- Prepare central **quarantine stations** for the suspicious cases (including next to border crossing sites).
- Prepare for the establishment of **additional central medical facilities** for Corona cases, **including for intensive care.**
- Prepare for the **recall of retired health professionals** (persons up to five years in retirement).
- **Enlarge stocks** for medications and medical consumables (e.g. disinfecting agents, facial masks (with/without valve), gloves, protection suites etc.).
- **Check MEDEVAC preparations** (specific preparation for Coronavirus cases and disinfection of vehicles).
- Prepare the **disinfection of facial masks** etc. to allow their one-time re-use.
- Prepare **call centers** / emergency phone numbers for (probable) Corona cases to give guidance.
- Enhance education, warning and **information** of the population.

- Check proper **legal framework** (e.g. for quarantine, mandatory Corona tests & vaccinations (as soon as they are available) and specific traffic regulations).
- b. **Community Level**
- Establish a **community coordination center** subordinated to the center on provincial level.
 - Prepare **local quarantine stations** for the suspicious cases.
 - Prepare for the establishment of **additional medical facilities for mild Corona cases**.
- c. **Individuals**
- Maintain a **stock** of food (including pet food), water, medication and daily consumables for 14 days at all times.

4. Phase II: Pandemic

a. State Level

Coordination

- Activate the central coordination center with the subordinated centers on provincial level.
- Reduce all bureaucratic limitations for companies and organizations to assist with managing the crisis response.
- Maintain key public services.
- Ensure a timely and credible information policy to prevent disinformation and provide accurate, data-backed means of prevention and decision-making.
- Publish Individual Protective Measures on the internet, through TV & radio spots, and post printed flyers in public spaces, outside government buildings, outside religious buildings, etc.

Medical Sector

- Activate central quarantine stations for the suspicious cases (including next to border crossing sites).
- Activate additional central medical facilities for Corona cases, including for intensive care.
- Recall retired health professionals (persons up to five years in retirement).
- Activate call centers / emergency phone numbers for (probable) Corona cases to give guidance.
- Prepare for the distribution of medications and medical consumables (e.g. masks, gloves etc.) and distribute them tailored to the concrete requirements (priority is with health professionals).
- Implement contact tracing procedures for the infected (must allow to identify those who are potentially infected within hours).
- Cancel all elective surgical procedures.

- Limit access to healthcare facilities to only patients and guardians if patient is a child.

Security Sector

- Close all the borders (including port and airports).
- Identify all persons who arrived from a risk area during the last 14 days.
- Conduct a Corona health check for everyone allowed to enter.
- Every returnee home from a risk area must obey a 14 days quarantine, even if they have no symptoms.
- Track all the other persons returning home to your country.

Public Life

- Close schools and universities.
- Close religious facilities, sports clubs, entertainment, and other facilities that host larger gatherings.
- Close all shops other than those required for daily life (i.e. grocery stores, medical facilities, gas stations etc.).
- Reduce hours of essential businesses and limit the number of shoppers allowed in a store at one time to no more than 10 people (depending on its size).
- Implement a 24-7 curfew (a curfew overnight does not make sense, as most of the contacts are during daytime anyway) during which people can only go out for essentials (work, food, gas, etc.) or to walk a dog.
- Implement teleworking where possible.
- Use mobile phone tracking capabilities to get metadata about how much the movement restrictions are observed.

Quarantine

- Quarantine levels:
 - self-quarantine at home (voluntary and/or mandatory as a preventive measure)
 - quarantine areas in hospitals
 - designate quarantine facilities, also outside of cities
- Every 1st level contact of an infected person must stay in quarantine for at least 14 days.
- If there is an accumulation of cases in a village, city or region, those must be put under strict quarantine for at least 14 days.
- if legally possible, track all the persons under quarantine through their mobile phones.

b. Community Level

- Activate the community coordination center to implement a clear chain of command and flow of information from the community to provincial level.
- Activate local quarantine stations for suspected cases.
- Activate additional medical facilities for mild Corona cases.

- Organize dedicated time slots for shopping for those at high risk.
- Provide no-contact, drop-off daily services for those at high risk, such as food and grocery delivery.
- Provide/continue nursing assistance for those dependent on care at home.

c. **Infected Cases**

- If someone believes they are infected, they must stay away from health care facilities until someone from the medical services checks them, provides care and/or transports them to a specialized facility.
- Isolate and quarantine all infected persons immediately.
- Infected persons must be treated either at home (mild cases, in quarantine) or, the more serious ones, in dedicated facilities.
- Keep the infected persons in isolated home care if possible, to prevent an overload of hospitals.
- Groceries and other required goods must be delivered to the isolated without any physical contact (or with sufficient protective equipment like masks, gloves, and suits).

5. **Phase III: Return (step-by-step) to Normal Life**

a. **Principles**

- Define criteria for the implementation of these steps.
- Implement the steps **at first in less affected areas** (in order to be able to study the impact).
- Follow with the other areas step-by-step.
- When re-opening facilities, start with those suitable to observe high hygiene standards and social distancing.
- Start with facilities with a limited commuting area.
- Maintain your borders closed until the virus has been also contained in neighboring countries.
- When progressing through the steps, always remember the 14 days incubation phase.
- Start your return slowly and gain momentum later on.

b. **Sequencing**

(depending on the circumstances some of them could be combined)

- reopen specific shops and markets (e.g. hardware stores)
- restart some production processes at manufacturing facilities and factories
- return some people from home offices to their regular offices
- reopen some bars and restaurants
- reopen local schools
- reopen other shops & facilities (as above)
- ...
- return to normal life