

# Droplet protection when treating people with COVID-19

COVID-19 is spread through droplet transmission.

The COVID-19 droplets are relatively heavy so do not travel far and fall quickly to the ground or other surfaces.

Chlorine-based disinfectant is effective in cleaning surfaces<sup>1</sup>.



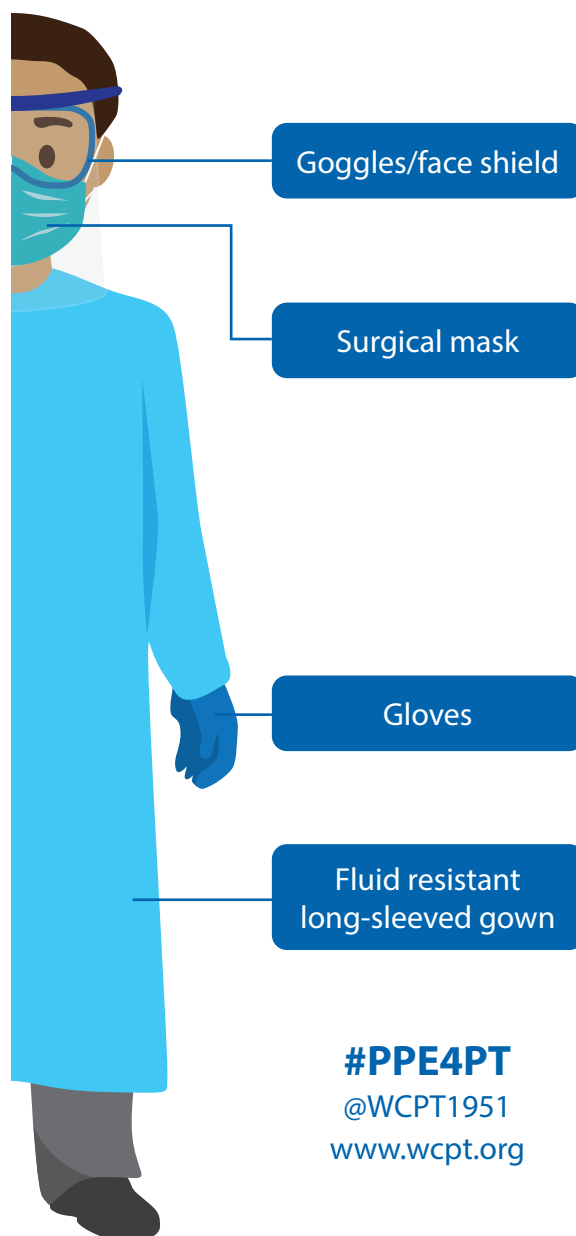
## Droplet procedures during physiotherapy may include<sup>2</sup>.

- mobilisation
- exercise and other rehabilitation interventions.

A physiotherapist is likely to be in close contact with a person with COVID-19 during these interventions, which may result in the person being treated coughing or expectorating mucous or sputum. This is when a high filtration mask (eg P2/N95) should be used.

**If a person with COVID-19 is being treated outside an isolation room, make sure they are wearing a surgical mask.**

## For droplet protection<sup>3</sup>:



**#PPE4PT**  
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<sup>1</sup> <https://jamanetwork.com/journals/jama/fullarticle/2762692> Ong SWX, Tan YK, Chia PY, et al. Air, Surface Environmental, and Personal Protective Equipment Contamination by Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) From a Symptomatic Patient. JAMA. Published online March 04, 2020. doi:10.1001/jama.2020.3227

<sup>2</sup> Thomas P, Baldwin C, Bissett B, Boden I, Gosselink R, Granger CL, Hodgson C, Jones AYM, Kho ME, Moses R, Ntoumenopoulos G, Parry SM, Patman S, van der Lee L (2020): Physiotherapy management for COVID-19 in the acute hospital setting. Recommendations to guide clinical practice. [https://www.wcpt.org/sites/wcpt.org/files/files/wcptnews/images/Physiotherapy\\_Guideline\\_COVID-19\\_FINAL.pdf](https://www.wcpt.org/sites/wcpt.org/files/files/wcptnews/images/Physiotherapy_Guideline_COVID-19_FINAL.pdf)

<sup>3</sup> Rational use of personal protective equipment for coronavirus disease (COVID-19): interim guidance. [https://apps.who.int/iris/bitstream/handle/10665/331498/WHO-2019-nCoV-IPCPE\\_use-2020.2-eng.pdf](https://apps.who.int/iris/bitstream/handle/10665/331498/WHO-2019-nCoV-IPCPE_use-2020.2-eng.pdf)