equally as important as the use of appropriate PPE,

like face masks, to break the transmission cycle of

the virus; both hand hygiene and face masks help to

lessen the risk of COVID-19 transmission (315).

Medical staff are in the group of individuals most

at risk of getting COVID-19 infection. This is

because they are exposed directly to infected

patients. Hence, proper training must be given to all

hospital staff on methods of prevention and

protection so that they become competent enough to

protect themselves and others from this deadly

disease (316). As a preventive measure, health care

workers caring for infected patients should take

extreme precautions against both contact and

airborne transmission. They should use PPE such as

face masks (N95 or FFP3), eye protection (goggles),

gowns, and gloves to nullify the risk of infection

(299).

The human-to-human transmission reported in

SARS-CoV-2 infection occurs mainly through

droplet or direct contact. Due to this finding,

frontline health care workers should follow stringent

infection control and preventive measures, such as

the use of PPE, to prevent infection (110). The

mental health of the medical/health workers who are

involved in the COVID-19 outbreak is of great