

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