

# Non-pharmacological Interventions for Coping with COVID-19: A Rapid Systematic Review

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June 1, 2020

## Abstract

**Background:** Non-pharmacological interventions (NPIs) remain central for the management of COVID-19 as there are no licensed vaccines or safe and effective antivirals to treat coronavirus yet. A rapid systematic review reported the main publications on NPIs to cope with the global COVID-19 outbreak. **Methods:** The research was conducted according to the PRISMA statement, from January 31 to March 31, 2020, in PubMed, Embase, Scopus, and Web of Science databases. **Results:** A total of 26 publications were included as comments, viewpoints, original articles, and studies on mathematical modeling. It was published by 251 researchers and four investigation groups from 23 countries. **Conclusion:** In summary, the publications pointed out that the social isolation, staying home, social distancing, quarantine, and contact tracing are essential and that NPIs could be combined to cope with the COVID-19 outbreak. It is recommended to value, intensify, and commend the efforts of countries that have implemented NPIs as extremely bold and robust measures to contain coronavirus disease.

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## Running title: Non-pharmacological Interventions

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