

# Selfie stick: The magic wand for social distancing during COVID-19 pandemic

## Problem

COVID-19 (Coronavirus disease-2019), caused by the pathogen, novel coronavirus named severe acute respiratory syndrome corona virus 2 (SARS-CoV-2), is rapidly spreading across the world.<sup>1</sup> During this COVID-19 pandemic, maintaining at least one meter (3 feet) distance between persons is recommended as a measure of prevention.<sup>2</sup> In dermatology practice, examining skin lesions at a distance of one meter is a difficult task as most of the lesions need a keen clinical examination to reach a diagnosis. Proper visualization of skin lesions at a distance of one meter can be daunting and difficult. Also, close contact with patients during examination of oral mucosa and dental examination may predispose dermatologists and dentists to acquire the infection.

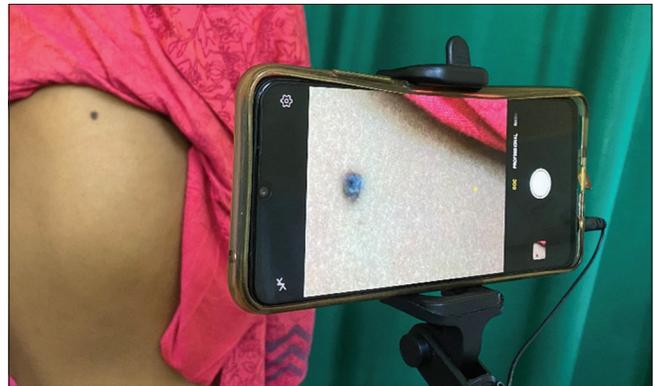
## Solution

The mobile phone with camera can be mounted on a selfie stick by securing it tightly to the phone holder. After ensuring adequate lighting, the telescopic pole of selfie stick holding the

mobile phone can be positioned at a desired length and angle placing the camera close to the lesion [Figure 1]. The camera has autofocus which focuses the lesion and the lesion can be seen clearly on the screen of the smartphone, without getting closer to the patient, or the lesion can be magnified by the user while examining or the image of the lesion can also be clicked from a distance of one meter [Figure 2]. Then the mobile phone mounted selfie stick can be brought closer to examine the lesion further. Also, the clicked images can be saved for subsequent examination. Besides, when the undersurface of scrotum or any other inaccessible part needs to be examined, the mobile phone camera mounted on a selfie stick can be used in selfie mode. It is also possible to examine oral mucosa using a selfie stick. To examine oral mucosa and for dental examination, the patient is instructed to retract the buccal mucosa with a mouth mirror and guided to turn his head slightly to the opposite side of retraction to enhance the view of the oral cavity. Then with the help of mobile phone camera mounted on the selfie stick complete examination can be performed [Figure 3].



**Figure 1:** Examination of a skin lesion with a mobile phone camera mounted on the selfie stick maintaining a distance of 1 meter



**Figure 2:** Close view of the skin lesion while examining with a mobile phone camera mounted on selfie stick

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**Figure 3:** Examination of oral mucosa with a mobile phone camera mounted on selfie stick

At present when there is an immense search on safety measures to contain the spread of the SARS-CoV-2 virus, the selfie stick may be a cost-effective and magic tool to prevent cross-infection in health care settings.

#### Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent.

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Nil.

#### Conflicts of interest

There are no conflicts of interest.

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