



Short Update 12b COVID-19 Coronavirus Disease 27th of March 2020



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GLOBALLY

539 974

Confirmed cases

175 countries
24 345 death

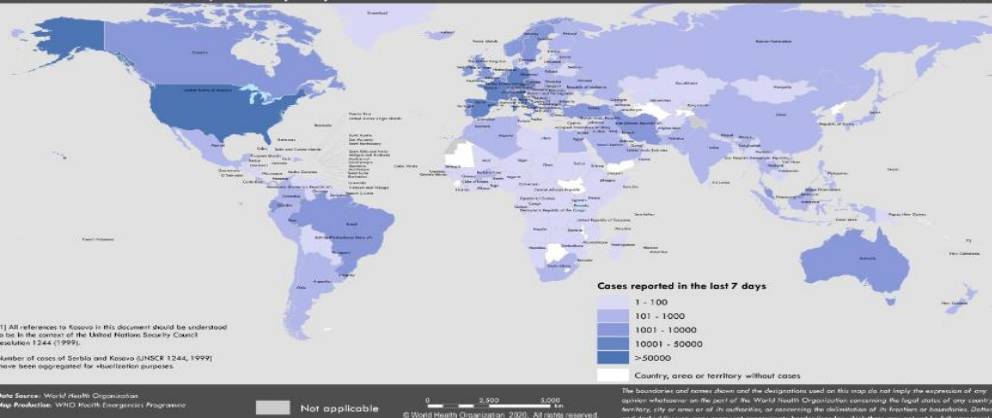
USA

85 947
confirmed cases
1 300 death

ITALY

80 589
confirmed cases
8 215 death

Countries, areas or territories with COVID-19 cases reported in the last 7 days, as of 26 March 2020, 10:00 (CET)



News:

- **EFPP BG LTU reported 8 confirmed cases of COVID-19 as of 24 March.**
- **WHO:** "Asking people to stay at home and shutting down population movement is buying time and reducing the pressure on health systems. But on their own, these measures will not extinguish epidemics. The point of these actions is to enable the more precise and targeted measures that are needed to stop transmission and save lives." More information find [here](#).
- **G7:** Couldn't find a common strategy (as the African Union has found) because the US insist on using "Wuhan-Virus" which is rejected by all others because of racism.
- As the world tackles the COVID-19 pandemic, it is important to ensure that essential health services and operations continue to be available to protect the lives of people with malaria, TB and other diseases or health conditions.
- France withdraw their soldiers of Iraq to use the military within the own country to fight against COVID-19.
- Respiratory infections hit smokers harder than non-smokers on average. This is probably also the case with Covid-19. Even the risk of infection could be higher for smokers. **Now is the opportunity to quit smoking!**

Risk Assessment

EUROPE

- * The risk for importing/exporting the virus into/from Europe is currently high.
- * The risk of severe disease associated with COVID-19 infection is currently considered moderate for the general population and high for older adults and individuals with chronic underlying conditions. In addition, the risk of milder disease, and the consequent impact on social and work-related activity, is considered high.
- * The risk of the occurrence of subnational community transmission of COVID-19 is currently considered very high.
- * The risk of occurrence of widespread national community transmission of COVID-19 in the coming weeks is high.
- * The risk of healthcare system capacity being exceeded in the coming weeks is considered high.

China/Wuhan/

- * The risk for people travelling/resident in affected provinces with ongoing community transmission is currently very **high**.

GLOBALLY

- * The high risk of further transmission persist.

EUROPE
291 119
confirmed cases
16 570 death

ASIA
&
Western
Pacific Region
101 754
confirmed cases
3 965 death

Eastern
Mediterranean
Region
42 479
confirmed cases
2 394 death

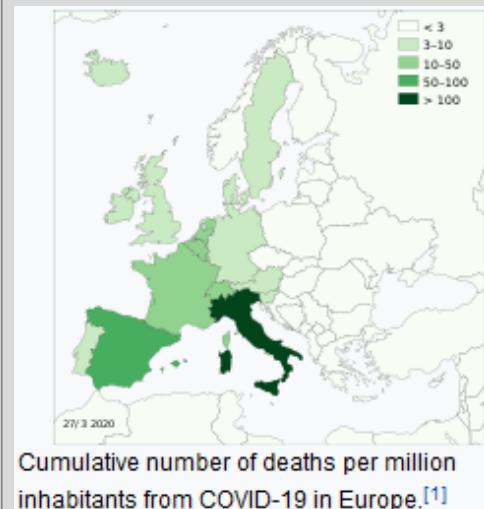
AMERICAS
REGION
99 755
confirmed cases
1 456 death

AFRICA
3 273
confirmed cases
87 death

Situation in Europe

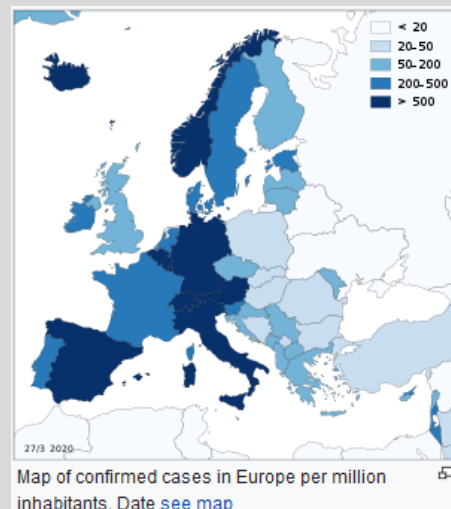
- Europe is now considered the active centre of COVID-19 according to the WHO as of 13 March 2020. Other focus areas of the outbreak are in USA and Iran.
- ESP** and **FRA** health systems are highly overloaded with ICU patients. Patients already relocated to neighbouring countries for treatment.
- FRA** reported a increase of fatalities on the 26 March of 27%. Conditions in hospitals in the Alsace region are reported as disastrous.
- ESP**, the test kits received from CHN seems to be defective. CHN officials informed that the producing biotechnology company has no licence to sell the test kits.
- GBR** reported more than 100 fatalities in just 24 hours. Because of the lack of testing and the late implementation of regulations the estimated number of unknown cases is assumed to be much higher than the confirmed cases.
- 8 NATO soldiers infected in LTU with COVID-19. First case confirmed on Sunday the 22th and 7 other on Tuesday. Patients and contact persons held under quarantine. 5 other soldiers with similar symptoms repatriated.

Country	Confirmed case (Over 7 000 cases)	Deaths
USA	84 947	1 300
China	81 894	3 296
Italy	80 589	8 215
Spain	57 786	4 365
Germany	45 189	276
Iran	45 189	2 378
France	29 581	1 698
Switzerland	11 951	197
Great Britain	11 816	580
South Korea	9 332	139
Netherlands	7 469	435
Belgien	7 284	289
Austria	7 196	58



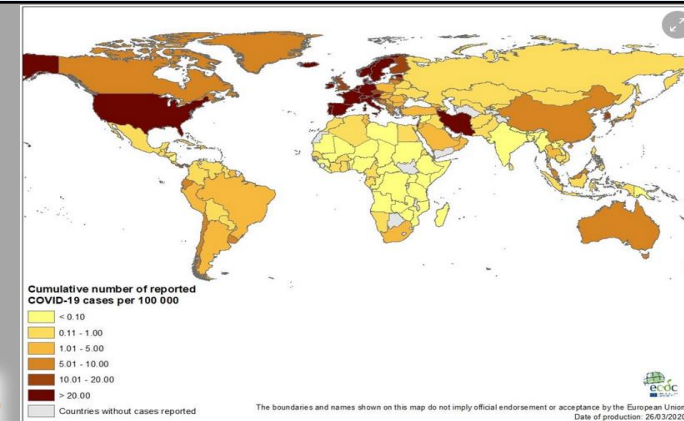
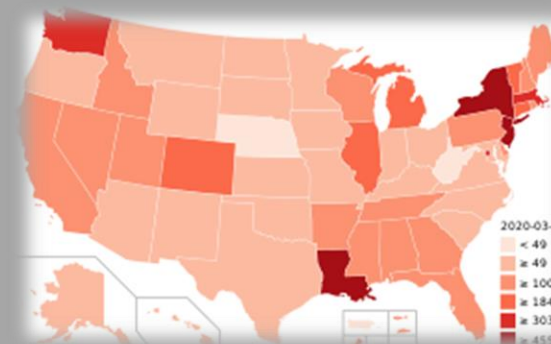
The graphics show the cumulative numbers of death (green) and confirmed cases (blue) per million of inhabitants. Highest death rates can be found in Italy followed by France. Case numbers over 500/million can be seen in Spain, Italy, Germany, Norway, Great Britain, Switzerland, Austria and Belgium

Source: wikipedia



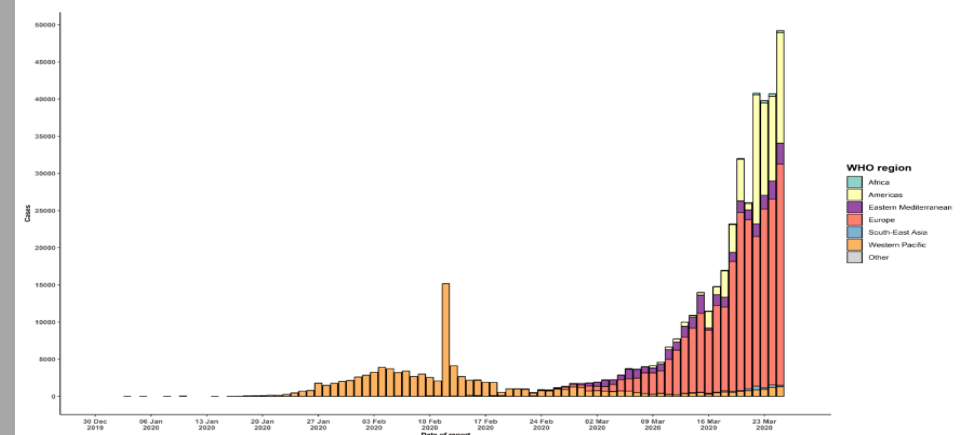
Global Situation

- Globally case numbers still increasing.
- CHN**: first time in three days community spread infections have been reported. CHN planning to close borders for other countries.
- Africa**: in 43 of the 54 african countries cases of COVID-19 have been reported. See [SitRep](#) of the African Union.



USA reported more confirmed case than China as for 26 March. SMEs assume that the estimated number of unknown cases is much higher. The US is facing a high economic impact already with a increasing unemployment rate. Authorities working on prevent a collaps of the health system. The graphic shows confirmed cases/ 1 billion inhabitants as of 27 March.

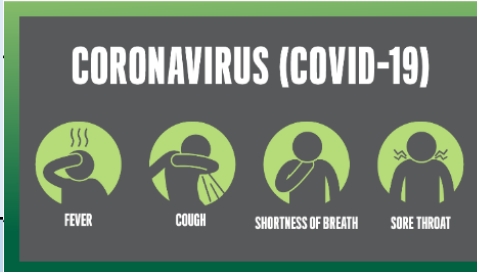
Figure 2. Epidemic curve of confirmed COVID-19, by date of report and WHO region through 26 March 2020



Yellow: Americas
Purpel: Eastern Mediterranean
Red: Europe
Blue: South East Asia
Orange: Western Pacific

Source: WHO as of 26 March

Preparedness and Response



Travel Informations

Basic protective measures against COVID-19:

- When coughing and sneezing, keep your distance and turn away; hold the crook of your arm in front of your mouth and nose or use a handkerchief that you should dispose immediately (respiratory hygiene).
- Wash your hands regularly with soap and water, avoid touching your eyes, nose and mouth (hand hygiene). See also Epi-WIN.
- A medical mask is **not** required if exhibiting no symptoms, as there is no evidence that wearing a mask – of any type – protects non-sick persons. If masks are to be worn, it is critical to follow best practices on how to wear, remove and dispose of them and on hand hygiene after removal.

WHO's Information Network for Epidemics (EPI-WIN) website: Gives people access to timely, accurate, and easy-to-understand advice and information from trusted sources on the evolving COVID-19 pandemic, translating scientific information to actionable information. You will find information and guidelines for individuals, travellers, the health sector and countries on this side.

- All WHO technical guidance regarding COVID-19 you can find [here](#).

During a pandemia considerable physical and psychic stress can occur to concerned persons, relatives and personnel. It is necessary to assign a psychosocial clinical emergency care timely, by incorporating all SMEs in this field. A WHO guideline you can find [here](#).



In the case of non-deferrable trips, please note the following

- Many airlines have suspended inbound and outbound flights to affected countries. Contact the relevant airline for up-to-date information on flight schedules.
- Check your national foreign office advices for regulations of the countries you're traveling or regulations concerning your country.
- Information's about the latest travel regulations you can find at [IATA](#) and [International SOS](#).

Most countries implemented strict rules of contact reduction:

- Everyone is urged to reduce contacts with other people outside the members of their own household to an absolutely necessary minimum.
- In public, a minimum distance of 1.5 m must be maintained wherever possible.
- Staying in the public space is only permitted alone, with another person not living in the household or in the company of members of the own household (for most countries, please check before traveling).
- Follow the instructions of the local authorities.

People returning from affected areas should self-monitor for symptoms for 14 days and follow national protocols of receiving countries. If symptoms occur, such as fever, or cough or difficulty breathing, persons are advised to contact local health care providers, preferably by phone, and inform them of their symptoms and their travel history.

Why do we practise „Social Distancing“?

Director-General WHO: Physical distance doesn't mean social distance.

Social Distancing



1

Avoid gatherings or meetings with many people. Use online conference facilities, VTC, conference calls, e-mail, phone calls within the same building as well as Home Office as far as possible.



2

Unavoidable personal meetings should be kept brief and take place in a sufficiently large, well-ventilated room that allows you to keep your distance. Avoid handshakes – a smile connects.



3

Cancel unnecessary travel and postpone meetings that are not essential.



4

Do not stay longer than necessary in social rooms such as kitchens or common rooms. Keep your distance from others.



5

Bring your own meals to work and eat them at your desk.



6

Avoid public transportation. Instead, walk, use the bike or your own car. Avoid the "rush hours" by starting or stopping work early.



7

Restrict your off-duty activities: e.g. no mass events, concerts, course participation, fitness studios or cinemas. Support high-risk patients in order to minimize their social contacts (shopping, etc.).

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



5 COVID-19 PARENTING Keep Calm and Manage Stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone

- Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

Take a break

- We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Listen to your kids

Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



Take a Pause

1-minute relaxation activity that you can do whenever you are feeling stressed or worried

- Step 1: Set up**
 - Find a comfortable sitting position, your feet flat on the floor, your hands resting in your lap.
 - Close your eyes if you feel comfortable.
- Step 2: Think, feel, body**
 - Ask yourself, "What am I thinking now?"
 - Notice your thoughts. Notice if they are negative or positive.
 - Notice how you feel emotionally. Notice if your feelings are happy or not.
 - Notice how your body feels. Notice anything that hurts or is tense.
- Step 3: Focus on your breath**
 - Listen to your breath as it goes in and out.
 - You can put a hand on your stomach and feel it rise and fall with each breath.
 - You may want to say to yourself "It's okay. Whatever it is, I am okay."
 - Then just listen to your breath for a while.
- Step 4: Coming back**
 - Notice how your whole body feels.
 - Listen to the sounds in the room.
- Step 5: Reflecting**
 - Think 'do I feel different at all?'
 - When you are ready, open your eyes.

Taking a Pause can also be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths or connecting with the feeling of the floor beneath can make a difference. You can also Take a Pause with your children!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE

Suggestion for categorization of contact persons as used by DEU military

Contact with a **confirmed** COVID-19 case

Category I – higher risk

- **Minimum** 15 minutes cumulative face-to-face contact
- Domestic cohabitation
- Contact to respiratory secretions/ aerosol-producing activity
- Medical personnel without PPE and distance <2m

Category II – lesser risk

- Staying in the same room, but **less than** 15 minutes of cumulative face-to-face-contact
- Medical personnel without adequate PPE, but a distance of > 2m

Category III – Med. Personnel in PPE

- **Standard-PPE:** minimum FFP-2-mask, protective goggles, liquid-proof gown and gloves
- Keeping records of deviations

- Report by name to responsible Public Health agency
- Quarantine (either in military facility or at home) for 14 days and general hygiene measures
- Information and record keeping of a symptom diary incl. documentation of body temperature

- Approach according to assessment of PH officer
- Optional: Information especially regarding reduction of contacts and behaviour in case of symptoms

- Recording by name through hygiene personnel
- Daily measurement of temperature + keeping records in a symptom diary
- Immediate reporting in case of symptoms
- As far as possible no treatment of non-COVID-19-patients

Testing for SARS-CoV-2 **only** reasonable if becoming symptomatic

Exception: asymptomatic medical or otherwise key personnel of **category I**, in order to keep them available for their duties if these cannot be guaranteed otherwise.
Must be done in coordination with the responsible PH officer and under protective conditions.
Conditions generally are: daily swab diagnostic, FFP2-masks without exhale valve (if this is not available surgical mask)

In case of a respiratory infection symptoms/ unspecific general symptoms

- Test for SARS-CoV-2
- Report/ registration as a justified suspect case. Further approach according to flowchart of national PH institute in its most recent version and considering the option of quarantine in a military facility