

Novel Coronavirus – Warning Level 3 – Avoid Non Essential Travel to China

Background:

On the 31 December 2019, the World Health Organization (WHO) China country office reported a cluster of pneumonia cases in Wuhan City, Hubei Province of China (1). On 7 January 2020, the causative pathogen was identified as a novel coronavirus (2019-nCoV).

As of 27 January 2020 cases are as follows:

Confirmed: >2000; Severe cases: 324; Deaths: 80 (all in China mostly Hubei Province); Total cases outside mainland China: 39 in 11 countries (mostly travelled to Huwan or their direct contacts travelled to Huwan)

Incubation period

Current estimates of the incubation period range from 2-10 days.

Case Definition of Coronavirus (who are suspected cases)

- Fever of $\geq 38^{\circ}\text{C}$
- A documented travel history to Wuhan
- Close physical contact with a person from Wuhan, Hubei Province China

Symptoms:

- Fever of $\geq 38^{\circ}\text{C}$
- Flu like symptoms such as coughing, sore throat and headaches
- Difficult breathing in some cases
- Potential of severe disease and death

Treatment

- There is no specific treatment for disease caused by a novel coronavirus.
- Treatment is based on the patient's clinical condition.
- Moreover, supportive care for infected persons can be highly effective.

WHO Recommendations:

Anyone visiting live animal markets, wet markets or animal product markets, should:

- **Practice general hygiene measures.**
- Regular hand washing with soap and potable water after touching animals and animal products.
- The consumption of raw or undercooked animal products should be avoided.
- Avoid close contact with anyone who has fever and cough.

Travel Advice

- WHO does not recommend any specific health measures for travelers. Countries may implement health questionnaire and screening on arrival at destination.
- Cabin crew will make announcements for countries that require health questionnaire and/or health screening on arrival.
- Cabin crew will practice Management of communicable diseases on board procedures in case of suspected cases.
- **Watch your health for 14 days after leaving China. If you develop a fever, cough, or have difficulty breathing, seek medical care right away.**
- In case of symptoms suggestive of respiratory illness either during or after travel, the travelers are encouraged to seek medical attention and share their travel history with their health care provider.

CORONAVIRUS: THE FACTS

1 Virus enters through the nose and mouth

2 It then finds a 'host cell' in the respiratory system

3 The host cell then bursts and infects other cells nearby

SYMPTOMS

- Runny nose
- Cough
- Sore throat
- High temperature

HOW IT SPREADS

Novel coronavirus first spread to humans from an animal – thought to be a snake – at the South China Seafood Wholesale Market, Wuhan.

The virus is transmitted between humans in droplets from coughing and sneezing and touching or shaking hands.

HOW IT CAN KILL

Most victims of the virus die from complications including pneumonia and swelling in the lungs.

The virus also causes swelling in the respiratory system, which can make it hard for the lungs to pass oxygen into the bloodstream – leading to organ failure and death.

Severe pneumonia can kill people by causing them to 'drown' in the fluid flooding their lungs.

Reduce your risk of coronavirus infection:



Clean hands with soap and water or alcohol-based hand rub

Cover nose and mouth when coughing and sneezing with tissue or flexed elbow



Avoid close contact with anyone with cold or flu-like symptoms

Thoroughly cook meat and eggs



Avoid unprotected contact with live wild or farm animals



