

February 27, 2020

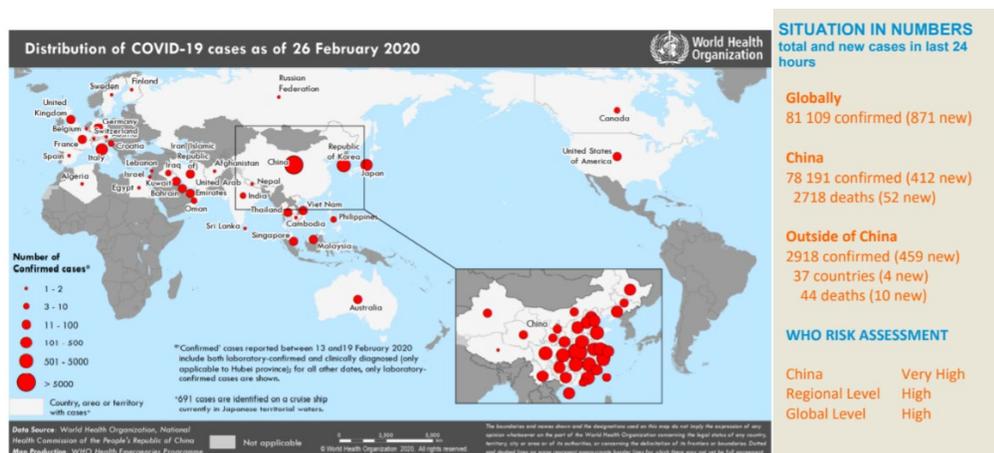
SARS-CoV2 Update

Background and Scope

SARS-CoV2 is a coronavirus that caused a pneumonia outbreak in Wuhan, China in December 2019. This outbreak has spread to different parts of China and worldwide. SARS-CoV2 is the name of the coronavirus, and “coronavirus disease 2019” (COVID-19) the name of the disease it causes.

SARS-CoV2 has been deemed a Public Health Emergency of International Concern (PHEIC) by the World Health Organization (WHO), and a public health emergency in the United States. President Trump has designated Vice President Mike Pence alongside Health and Human Services Secretary Alex M. Azar II to lead the federal government’s response to the outbreak. This is due to increasing concern for community spread, particularly amongst individuals who are mildly or asymptomatic and/or undiagnosed.

WHO Case statistics (2/26/2020)



Risk Assessment

According to the CDC, the public health threat posed by SARS-CoV2 is high in the U.S. and worldwide. Individual risk, however, depends on exposure:

- Immediate health risk is **low** for the **general American public**, who are unlikely to be exposed to the virus at this time.

- Certain people will have an increased risk of infection, including healthcare workers caring for patients with this virus.

What is a coronavirus?

Coronaviruses are a large family of viruses. Some cause mostly mild illness, and include strains responsible for the common cold. Others can lead to severe or even fatal disease. Examples include the Middle East Respiratory Syndrome Coronavirus (MERS-CoV), which continues to circulate in some parts of the world, and Severe Acute Respiratory Syndrome (SARS), which is no longer in circulation. SARS-CoV2 is a betacoronavirus, which has its origins in bats (like MERS-CoV and SARS).

Travel Considerations

China has restricted travel both in and out of Wuhan and other cities in the Hubei province as well as in other areas of the country. The U.S. State Department has increased its travel advisory to Level 4- Do Not Travel. Most commercial flights have reduced or suspended flights to China.

To contain the virus, the U.S. Government has taken the following steps with respect to travel:

- Suspended entry of **foreign nationals** who have been in the China within the past 14 days
- **U.S. citizens, residents and their immediate family members** who have been in Hubei Province and other parts of mainland China can enter the United States, but are subject to health monitoring and possible quarantine for up to 14 days.

CDC Travel Guidance includes the following:

Country	Advisory Level	Date updated
China	Level 3- Avoid Non-essential travel	February 22, 2020
South Korea	Level 3- Avoid Non-essential travel	February 24, 2020
Japan	Level 2- Practice Enhanced Precautions	February 22, 2020
Iran	Level 2- Practice Enhanced Precautions	February 23, 2020
Italy	Level 2- Practice Enhanced Precautions	February 23, 2020
Hong Kong	Level 1- Practice Enhanced Precautions	February 19, 2020

CDC also recommends all travelers reconsider cruise voyages into or within Asia.

Anyone with a recent travel history to Wuhan or an affected location should monitor their health for at least 14 days. If symptoms develop, seek medical care, and inform healthcare providers about travel history. Travelers should be placed under medical observation if they have had contact with confirmed

cases, or direct exposure to a potential source of infection. High-risk contacts should avoid travel for the duration of the incubation period (up to 14 days)

If I am sick in China, can I choose which clinic to go to?

Certain medical facilities in China have been designated “fever clinics” by the Department of Health. These fever clinics manage all patients who suffer from fever and respiratory symptoms. Any patients who present with fever and respiratory symptoms to other facilities are referred to these dedicated locations.

Symptoms and Transmission

Symptoms of SARS-CoV2 are typical of pneumonia and include fever, cough and shortness of breath. Upper respiratory symptoms (nasal congestion and runny nose), muscle aches and fatigue can precede the cough, fever and breathing difficulties. It can take up to 14 days to develop symptoms, and it is unclear whether individuals are contagious while asymptomatic.

Those more susceptible to severe COVID-19 include individuals with pre-existing medical conditions (e.g. Diabetes and Asthma) and vulnerable populations, such as the elderly, young children and pregnant women.

Transmission of SARS-CoV2 is primarily human-to-human. It is spread from an infected person to close contacts via respiratory droplets (within 6 feet), which are expelled with coughing, sneezing, or talking.

How contagious is SARS-CoV2?

“R-naught,” or “Ro” is a term that describes how easily a virus is transmitted from one source to another. SARS-CoV2 is estimated to have a “Ro” value of ~2.03. This means that a person with SARS-CoV2 will infect ~2-3 susceptible individuals with whom they come into contact. In comparison, measles has a Ro ~11-18, Zika ~3-6.6 and Ebola ~2.

Can SARS-CoV2 be transmitted through packages shipped from China?

Based on experience with other coronaviruses, COVID-19 it is not believed to live on contaminated surfaces for more than a few hours. There are no new material handling requirements for shipments out of China. COVID-19 is spreading primarily to people who are in close unprotected direct contact with an infected person (within 6 feet).

Prevention and Treatment

To date, there is no specific antiviral therapy recommended to prevent or treat SARS-CoV2. Antibiotics are only effective against diseases caused by bacteria- not viruses, like SARS-CoV2.

It is recommended that patients with COVID-19 receive supportive care to relieve symptoms and prevent complications during recovery. This can range from ibuprofen or acetaminophen for fever to mechanical ventilation for severe respiratory difficulty (severe cases only).

You can reduce your risk of SARS-CoV2 by following general precautions for hand hygiene, respiratory hygiene and good food safety practices:

- Clean hands frequently, using an alcohol-based hand rub or soap and water. Carry hand sanitizer for use on-the-go.
- Avoid touching your face, mouth or eyes.
- If you cough or sneeze, cover your mouth and nose with a flexed elbow or tissue. Throw the tissue away immediately and wash your hands.
- Avoid close contact with anyone obviously sick (e.g. with runny nose, congestion, muscle aches, fever or cough).
- If you develop upper respiratory symptoms, fever, cough and/or difficulty breathing, seek medical care right away. Share previous travel history with your health care provider.
- Do not travel if you are sick. Some locations have begun screening travelers, which may cause you to undergo quarantine and testing.
- Thoroughly cook all food, including eggs.
- Raw meat, milk or animal organs should be handled with care to prevent cross-contamination with uncooked foods, as per good food safety practices
- When visiting live markets, avoid direct unprotected contact with live animals, surfaces in contact with animals.

Should I wear a face mask?

Everyone in Wuhan is required to wear a mask in public places. You must comply with this directive in Wuhan. Outside of Wuhan, you may wish to consider doing so.

The CDC advises wearing a face mask if sick (coughing, fever, sneezing, runny nose, nasal congestion). Surgical face masks may stop people from touching their mouth and will catch some of the droplets that are coughed and sneezed out. They do not, however, prevent you from breathing in SARS-CoV2. They also do not prevent the virus from entering through your eyes. This is why frequent hand-washing, disinfection of surfaces and avoiding touching your face, mouth or eyes is so important.



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Fitted respirators, which include 'P2' or 'N95' masks, are effective in preventing infection. These require training and special fitting, however, and are not intended for use in a general setting. They are recommended only in the case of close contact with infected individuals (e.g. for healthcare workers).