

Client Information

CHINA: NOVEL CORONAVIRUS

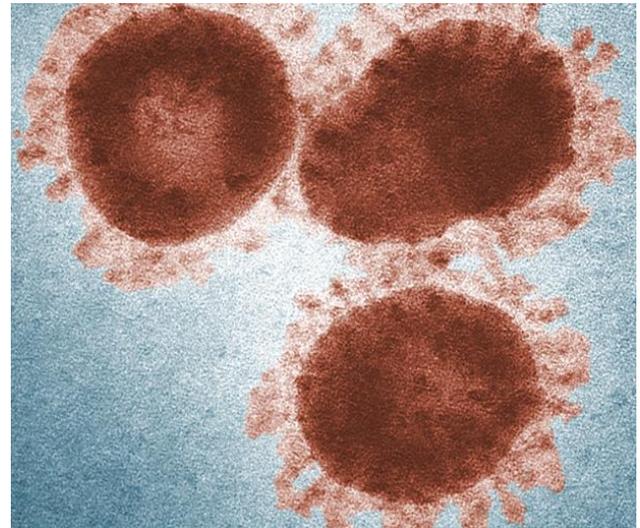


Our hints for your everyday's life

IN BRIEF: THE MOST IMPORTANT

In December 2019 - starting from the city WUHAN in CHINA - cases of a lung disease emerged which have spreaded over China and then led to further cases of infection in Asia, Australia, the USA and Europe. As origin of infection, a local poultry and fish market is considered.

An infection with the novel Coronavirus (2019-nCoV) was proven. The origin(s) and ways of infection are not definitely clear, an infection from human to human was proven.



Source: CDC

WHY THIS VIRUS IS DANGEROUS?

Coronaviruses exist worldwide and are in particular transmitted by droplet infection. Infected persons primarily have infections of the respiratory tracts. A specific treatment or vaccination against Coronaviruses does not exist. However, there is an opportunity for antibody detection so that a potential disease can be determined quickly. For prevention, a series of hygienic measures as well as the isolation of infected persons are considered.

Coronaviruses are a family of viruses which predominantly cause diseases at vertebrates. In individual cases, an infection can be transmitted from animal to human. Epidemics of that kind caused by Coronaviruses in the past decades were the SARS-Coronavirus or the MERS-Coronavirus.

The incubation period amounts 7 (1-12) days in average. Humans are probably already during the incubation period infectious. Infections from human to human are meanwhile confirmed, also staff members from the health services were infected. Characteristic for the disease are symptoms similar to a cold such as fever, cough, dyspnoea and in some cases pneumonia. The cases of death stated were predominatly older than 40 years and were suffering partly of pre-existing illnesses. The number of cases of infection and death can be looked up daily at the [situation reports of the World Health Organization](#).

WHICH COUNTRIES ARE AFFECTED?

The origin of the epidemic wave was Wuhan, region of Hubei, China. Furthermore, due to international travelling, the virus was meanwhile also diagnosed at Thailand, Japan, South-Korea, Taiwan, Macau, Hongkong, Singapore, Vietnam as well in the USA, France, Australia and Germany.

Since January 23, 2020, the Chinese authorities have imposed travel restrictions also for other hubs. A departure by train, bus or ferry is currently not possible.

PREVENTION MEASURES

For the moment, the World Health Organization has not decided to impose further travel restrictions. However, travellers should be aware of more severe monitoring measures (scanner of temperature at airports).

Due to the current "influenza season" on the northern hemisphere, parallel diseases by influenza-viruses emerge causing similar symptoms as nCoV. A vaccination against influenza contributes to the prevention of unnecessary cases of suspicion. Make use of the opportunity of vaccination against influenza with the current vaccine 2019/2020!

In order to prevent an infection, the following measures at areas of infection resp. in cases of travel and after return are recommended:

Take care of a diligent individual hygiene, in particular

- regular careful hand washing.
- wear mouth-nose-protection masks in public areas at areas of infection.
- take care of "cough and sneeze etiquette" (sneezing in the crook of the arm).
- avoid contact with persons suffering from diseases of the respiratory tracts.
- do not go on markets where living and dead animals are offered.
- avoid contact in general with animals, their excrements and surfaces which have been in contact with dead animals or untreated animal products.
- eat animal products (eggs, meat etc.) only if they were sufficiently heated up (boiled or roasted).
- in order to prevent cross-contaminations, take care of strict hygiene in the kitchen when preparing meals.

SUMMARY

Please abstent from unnecessary travels to the province HUBEI in CHINA.

Travels which are not necessary to CHINA or other areas of infection should be postponed. After return from areas of infection, in case of sniff, cough and fever go to a hospital in order to enable either an exclusion or an isolation so that the virus is not unnecessarily spreaded further.

Further daily information can be looked up by accessing the following links:

[Travel and Security Information of the Federal Foreign Office \(in German\)](#)
[Robert-Koch-Institute, Berlin \(in German\)](#)
[European Centre for Disease Prevention and Control \(ECDC\), Solna/Schweden](#)
[Centers of Disease Control and Prevention \(CDC\), USA](#)
[World Health Organization \(WHO\)](#)
[The Royal Society of Tropical Medicine and Hygiene \(RSTMH\)](#)

Do you have further question regarding this topic?

Your in-house medical service is at your disposal for further consulting.

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