



AviationHealth ASSOCIATION

# AVIATION MEDICAL

## BULLETIN

Published by aviation health association because health and fitness matter to aviators

### SPECIAL EDITION: Coronavirus (2019nCoV): 26 March 2020

To keep you updated on the outbreak of the Coronavirus infection that started in China, Harvey W. Watt & Company will be providing periodic updates from the Centers for Disease and Control (CDC) and World Health Organization (WHO) regarding the spread of this infection, new knowledge on how it is transmitted, and what you can do to protect yourself, fellow crewmembers and family.

**What is the status of COVID-19 today?**

- Cases continue to move toward 500,000 worldwide with 20,000 deaths (5,000 two weeks ago).
- Note that in Wuhan City the exit ban will be lifted on 8<sup>th</sup> April. Exit bans in the other cities in Hubei Province have already been lifted today.
- Latest WHO EPI-WIN briefing is available if you would like it, but the most relevant piece is a table of outcomes among patients with COVID-19 in the USA, based on over 4000 cases as at **16 March:**

Age group (#cases)	Hospitalization %	ICU admission %	Case fatality %
<19 (123)	1.6-2.5	0	0
20-44 (705)	14.3-20.8	2.0-4.2	0.1-0.2
45-54 (429)	21.2-28.3	5.4-10.4	0.5-0.8
55-64 (429)	20.5-30.1	4.7-11.2	1.4-2.6
65-74 (409)	28.6-43.5	8.1-18.8	2.7-4.9
75-84 (210)	30.5-58.7	10.5-31.0	4.3-10.5
>85 (144)	31.3-70.3	6.3-29.0	10.4-27.3
Total (2,449)	20.7-31.4	4.9-11.5	1.8-3.4

**RESOURCES**

Please focus on those healthcare resources that most often have far more accurate and current information about the transmission, treatment, and preventive measures for COVID-19.

The latest SITREP from WHO is here - [https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200325-sitrep-65-covid-19.pdf?sfvrsn=2b74edd8\\_2](https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200325-sitrep-65-covid-19.pdf?sfvrsn=2b74edd8_2)

For the CDC <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Link to ICAO's new Airport and airspace restrictions tool is here: <https://www.icao.int/safety/Pages/COVID-19-Airport-Status.aspx>

## **THE BASICS**

As with previous disease outbreaks, like Swine flu, SARS, Avian Flu and MERS, Coronavirus was initially identified in an animal population, but gained the ability to infect humans. With the virus now demonstrating human to human transmission, it is very important to review the basics on limiting the transmission of viral infections:

- Frequent handwashing with warm-water and soap or hand-sanitizer limits the ability for a virus to be transmitted from the skin of an infected individual or from an inanimate surface to mucus membranes like the eyes, nose, or mouth.
- Covering your mouth and nose when coughing or sneezing is paramount to limiting the transmission of respiratory borne viral infections like the Coronavirus as well as seasonal flus and the common cold. Preferably, disposable tissues should be used to cover the cough/sneeze.
- Recognize and appreciate signs of infection to protect yourself and others. If experiencing nasal congestion, watery eyes, cough, sore throat, body aches or fatigue, fever or chills, do not carry on with business as usual. Viral illnesses do not respond to antibiotic, so it is up to your immune system to suppress and eliminate the infection. Along with treating the symptoms, giving your body the rest and hydration it needs is the best approach to recovering sooner.

Further, appreciate that you are most infectious to others when you have symptoms, especially coughing and sneezing. Going to work when you are ill will not help you get the rest you need and can recklessly infect others. As a result, you are seeing more about social distancing with requirements from Public Health authorities regarding public gatherings.

If you believe you have been exposed to COVID-19 and/or have been infected by this virus, please first refer to the CDC resources regarding how to manage these symptoms. Second, contact your personal healthcare provider for treatment and screening.

Unless you are seriously ill, please avoid going directly to a hospital or healthcare facility except if you are directed to do so be a health professional. Not only are these facilities being overwhelmed, but you increase your chances of exposure to COVID-19, and other infectious diseases, while you spend many hours waiting to be seen.

Finally, keep yourself healthy with adequate sleep, hydration, and diet. Those at most risk from this virus are the immunocompromised, typically the elderly and/or those with multiple underlying medical conditions. Stay healthy to stay healthy.

We will keep you updated.