



Short Update 28a COVID-19 Coronavirus Disease 17th of JULY 2020



GLOBAL

13 740 647

Confirmed cases
7 694 278
recovered
589 314 deaths

USA

(new cases/day 65 530)

3 564 830

confirmed cases
1 090 282 recovered
138 170 deaths

Brazil

(new cases/day 36 227)

2 012 151

confirmed cases
1 397 531 recovered
76 688 deaths

India

(new cases/day 28 797)

968 876

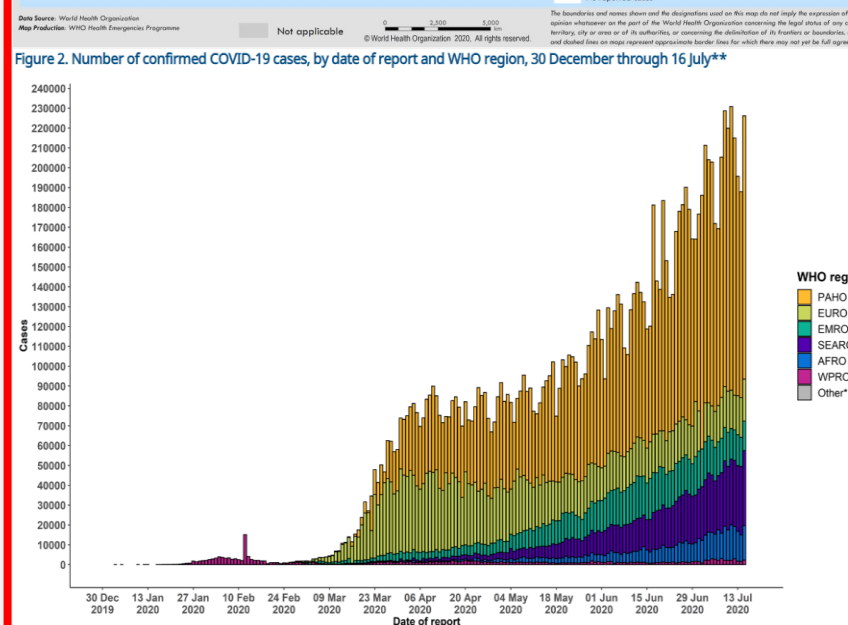
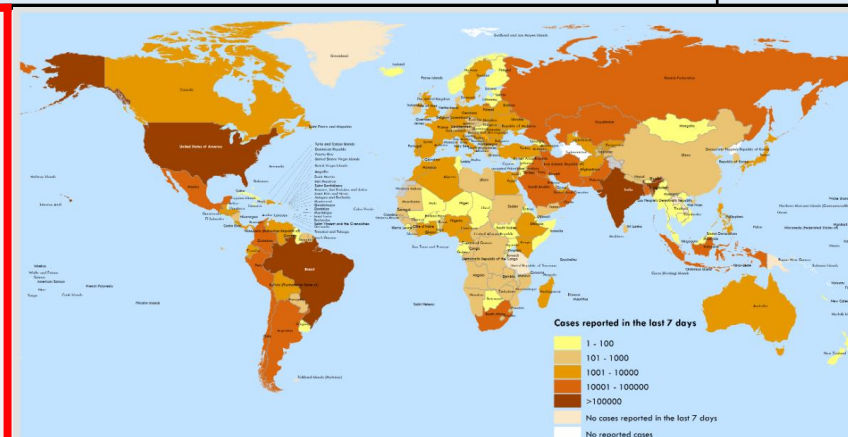
confirmed cases
612 815 recovered

News:

- The **European Union Council** will update its list of epidemiologically safe third-countries, by removing Serbia and Montenegro from it, due to an increase in COVID-19 cases in both Western Balkan countries.
- UN environmental programme:** published a Scientific Assessment with Key Messages for Policy-Makers on [Zoonotic diseases and how to break the chain of transmission](#).
- WHO:** new report from WHO highlights that [violence and injuries are a leading cause of death in the WHO European Region](#), accounting for almost 500000 deaths a year. Evidence shows that violence can increase during and in the aftermath of disease outbreaks, particularly affecting [women, children and older people](#).
- WHO and UNICEF:** have [warned of a decline in vaccinations, due to disruptions in delivery caused by the COVID-19 pandemic](#). "COVID-19 has made previously routine vaccination a daunting challenge", further impact on vaccine coverage needs to be avoided, otherwise there is a risk of exchanging one crisis for another. WHO is supporting [ongoing vaccination efforts during the COVID-19 pandemic](#) by providing knowledge and assistance to immunization programmes worldwide and helping countries as they balance the threat of COVID-19 with the threat of vaccine-preventable disease outbreaks and related-death.
- WHO's health emergencies online learning platform: [OpenWHO.org](#).
- Find Articles and other materials about COVID-19 on **our** website [here](#).
- Please use **our** online observation form to report your lessons learned observations as soon as possible [here](#).

Topics:

- Subject in Focus:** The perfect wave – why Masks are still important
- Using Personal Protective Equipment (PPE)** when caring for Patients with confirmed or suspected COVID-19
- PUBLIC HEALTH:** In times of COVID-19: "Depressions"
- In the press**
- Timeline for **re-opening borders**



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EUROPE

2 803 629

confirmed cases

1 705 140 recovered

203 593 deaths

Russia

(new cases/day 6 482)

→ 751 612

confirmed cases

530 801 recovered

11 920 deaths

SPAIN

(new cases/day 828)

→ 258 855

confirmed cases

150 376 recovered

28 416 deaths

ITALY

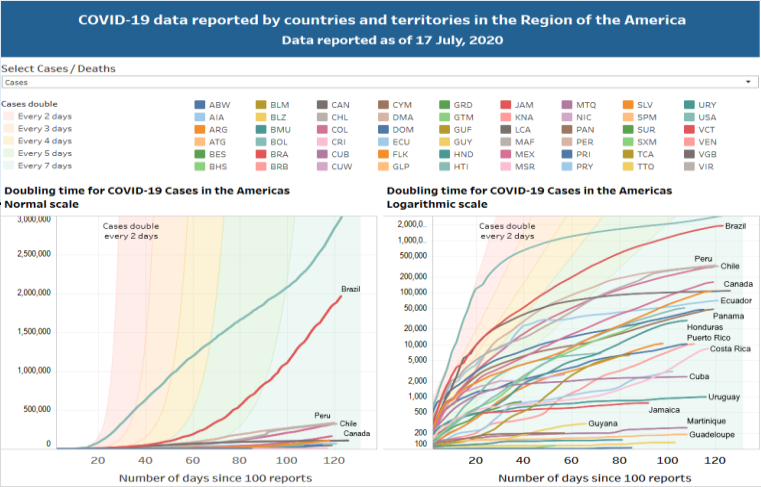
(new cases/day 196)

→ 243 736

confirmed cases

196 246 recovered

Global Situation



The European Union Council will update its list of epidemiologically safe third-countries, by removing Serbia and Montenegro from it, due to an increase in COVID-19 cases in both Western Balkan countries. An updated list of the remaining 13 countries will be announced in the following days. The list remains a recommendation, and it depends on the EU and the Schengen Member States, to fully or partially apply it, or to reject implementing it as some countries as Hungary have done so far.

The 13 countries that remain on the EU list are as follows: Algeria, Australia, Canada, China, Georgia, Japan, Morocco, New Zealand, Rwanda, South Korea, Thailand, Tunisia and Uruguay.

United States of America, India, Brazil, South Africa, Russian Federation, Mexico, Colombia, Peru, Bangladesh and Argentina are the 10 countries reporting the highest number of new cases.

Brazil, India, Mexico, United States of America, Peru, Iran, Islamic Republic of, South Africa, Russian Federation, Colombia, and United Kingdom are the 10 countries reporting the highest number of new deaths.

Zoonotic influenza - Annual Epidemiological Report for 2019; ECDC

No human cases of avian influenza were reported in the EU/EEA. One human A(H5N1) and another A(H7N9) infection were reported from mainland China. Sporadic human cases of avian influenza A(H5N6) and A(H9N2) were reported. In 2019, outbreaks and detections of highly pathogenic avian influenza viruses such as A(H5N1), A(H5N2), AH(H5N5), A(H5N6) or A(H5N8) continued to affect poultry, wild and captured birds worldwide. Influenza virus A(H1N1)v of swine origin caused two human cases, one in the United States and one in China.

ISR: After a sharp rise in corona infections, the government reintroduced a number of protective measures starting on Friday noon. Among other things, meetings of more than ten people in closed rooms and more than 20 people outdoors were prohibited. Ministries close for public service, contacts are therefore only possible online.

Weekend lockdowns include the closure of a number of stores, with the exception of key service providers such as pharmacies or supermarkets. In addition, gyms are closed, while restaurants are only allowed to offer takeaway or home delivery. The beaches are to be closed from Friday next week.

ITA: has imposed new entry bans on travelers from Serbia, Montenegro and Kosovo.

FRA: is tightening its mask requirement due to the increasing number of infections . As of next week, mouth-nose protection must be worn in all closed rooms that are open to the public. The tightening will take effect immediately in six municipalities in the Mayotte overseas department. There and particularly in French Guyana, which borders Brazil, new infections increased the last weeks.

The Americas:

As of 15 July in the Region of the Americas, an additional 132,700 cases and 3,627 deaths were reported in the past 24 hours, representing a 1.93% relative increase in cases and a 1.25% relative increase in deaths, compared to the previous day.

Countries reporting the highest numbers of new cases ($\geq 1,000$) compared with the previous day are: United States of America (60,711 additional cases, 1.8% increase), Brazil (41,857 additional cases, 2.2% increase), Mexico (7,051 additional cases, 2.3% increase), (Colombia (5,621 additional cases, 3.6% increase), Peru (3,744 additional cases, 1.1% increase), Argentina (3,645 additional cases, 3.5% increase), Chile (1,712 additional cases, 0.5% increase), Bolivia (1,617 additional cases, 3.3%), the Dominican Republic (1,366 additional cases, 3.0% increase), and Guatemala (1,130 additional cases, 3.8% increase).

Countries reporting the highest numbers of new deaths (≥ 100) are: Brazil (1,300 additional deaths, 1.8% increase), Mexico (836 additional deaths, 2.4% increase), United States of America (754 additional deaths, 0.6% increase), Peru (175 additional deaths, 1.5% increase), Colombia (170 additional deaths, 3.1% increase), and Chile (117 additional deaths, 2% increase).

United States of America accounts for 48.5% of all cases and 46.1% of all deaths for the Region of the Americas and Brazil accounts for 27.5% of all cases and 25.2% of all deaths. Combined, these two countries account for 76.0% of all cases and 71.3% of all deaths currently reported in the Region of the Americas.

Health Systems [collapse]: According to media reports, the health systems in some countries at the sub-national level are on the verge of collapse.

In Brazil, Roraima State's General Hospital, the largest in the state, reported 97% occupancy of their ICU beds and a lack of COVID-19 patient beds.

In Panama, 100% of the private hospital ICU beds were occupied as of 13 July.

In Peru, the hospital in the province of Camaná, Arequipa Department collapsed on 14 July due to a lack of space and beds to attend suspected COVID-19 patients. The hospital only has 14 beds for and no space for the Intensive Care Unit (ICU).

In Colombia, the capital of La Guajira Department – Riohacha – declared a red alert due to the growing number of cases and high occupancy rate of ICU beds (86%). Meanwhile the San José Hospital in the Maicao border has reached a 100% occupancy for ICU patients. They recently expanded their capacity with the arrival of 10 ventilators. **Source: PAHO**



Subject in Focus

The perfect wave – why Masks are still important



NEW STUDY ON MOUTH NOSE PROTECTION AND SOCIAL DISTANCING

Unfortunately, in the epicenter of the new hot spots areas often enough people are seen who do not adhere to the still valid protective regulations such as social distancing and the correct wearing of a nose and mouth protection. It could be as simple as that - [new studies](#) show that these two measures make a significant contribution to reducing the probability of transmission.

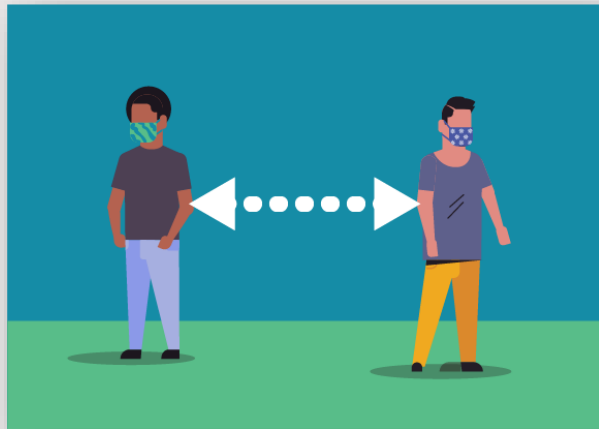
In the case of protective masks with an advertised protective effect in connection with SARS-CoV-2, depending on the intended purpose, a distinction is made between two types:

Medical face masks (MNS; surgical (surgical) masks); are primarily used for third-party protection and protect the person against the exposure of potentially infectious droplets of the person wearing the face mask. Corresponding MNS protect the wearer of the mask if the fit is tight, but this is not the primary purpose of MNS. This is e.g. used to prevent droplets from the patient's breathing air from getting into open wounds of a patient. Since, depending on the fit of the medical face mask, the wearer not only breathes in through the filter fleece, but the breathing air is drawn in as a leakage current past the edges of the MNS, medical face masks generally offer the wearer little protection against aerosols containing excitation. However, you can protect the mouth and nose area of the wearer from the direct impact of exhaled droplets from the other person as well as from pathogen transmission through direct contact with the hands.

Particle-filtering half masks (FFP masks); are objects of personal protective equipment (PPE) in the context of occupational safety and are intended to protect the wearer of the mask from particles, droplets and aerosols. The design of the particle-filtering half masks is different. There are masks without an exhalation valve and masks with an exhalation valve. Masks without a valve filter both the inhaled air and the exhaled air and therefore offer both internal and external protection, although they are primarily designed for internal protection only. Masks with valves only filter the inhaled air and therefore **offer no external protection!!!**

As a large number of unrecognized people move around in public spaces without symptoms, mouth and nose protection protects other people, thereby reducing the spread of the infection and thus indirectly reducing the risk of becoming infected

| | Mund-Nasen-Schutz | FFP2/FFP3 Maske ohne Ventil | FFP2/FFP3 Maske mit Ventil |
|-------------------------|-------------------|-----------------------------|----------------------------|
| Protects wearer of mask | eingeschränkt | ✓ | ✓ |
| Protects periphery | ✓ | ✓ | ✗ |



Due to the occasion, it should be pointed out again and again, also by executives, that the correct way of wearing the mask is essential to achieve maximum protection. The mask wrong, e.g. for example, wearing it under the nose means accepting a possible infection of others.

FFP2 / 3 masks are still considered deficient equipment and should be kept available for healthcare workers and emergency services.

When wearing a facemask, don't do the following:



DON'T wear your facemask under your nose or mouth.

DON'T allow a strap to hang down. DON'T cross the straps.



DON'T touch or adjust your facemask without cleaning your hands before and after.

DON'T wear your facemask on your head.

DON'T wear your facemask around your neck.

DON'T wear your facemask around your arm.

Using Personal Protective Equipment (PPE) when caring for Patients with confirmed or suspected COVID-19

Who needs PPE:

Patients with confirmed or possible SARS-CoV-2 infection should wear a facemask when being evaluated medically

Healthcare personnel should adhere to Standard and Transmission-based Precautions when caring for patients with SARS-CoV-2 infection. Recommended PPE is described in the

Infection Control Guidance.

Before caring for patients with confirmed or suspected COVID-19, healthcare personnel (HCP) must:

- Receive comprehensive training on when and what PPE is necessary, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance, and disposal of PPE
- Demonstrate competency in performing appropriate infection control practices and procedures

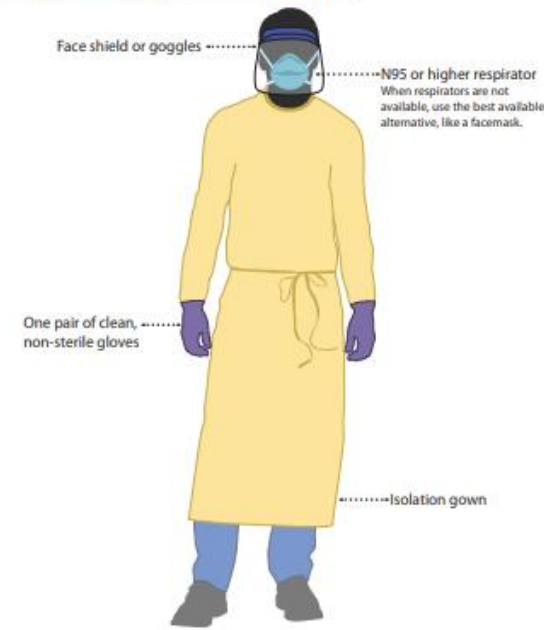
Remember:

- PPE must be donned correctly before entering the patient area
- PPE must remain in place and be worn correctly for the duration of work in potentially contaminated areas
- PPE should not be adjusted during patient care and
- PPE must be removed slowly and deliberately in a sequence that prevents self-contamination

Donning (putting on the gear):

1. **Identify and gather the proper PPE to don.** Ensure choice of gown size is correct.
2. **Perform hand hygiene using hand sanitizer**
3. **Put on isolation gown.** Assistance may be needed by other HCP
4. **Put on NIOSH-approved N95 filtering facepiece respirator of higher (use a facemask if a respirator is not available).**
 - **Respirator** straps should be placed on crown of head and base of neck. Perform a user seal check each time you put on the respirator.
 - **Facemask** should be secured on crown of head and base of neck. If mask has loops, hook them appropriately around your ears.
5. **Put on face shield or goggles.**
6. **Put on gloves**
7. **HCP may now enter patient room**

Preferred PPE – Use N95 or Higher Respirator



Acceptable Alternative PPE – Use Facemask



Doffing (taking off the gear):

1. **Remove gloves.** Ensure gloves removal does not cause additional contamination of hands.
2. **Remove gown.** Untie all ties. Some gown ties can be broken rather than untied. Do so in gentle manner, avoiding a forceful movement. Reach up to the shoulders and carefully pull gown down and away from the body.
3. **HCP may now exit patient room.**
4. **Perform hand hygiene.**
5. **Remove face shield or goggles.** Carefully remove face shield or goggles by grasping the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles.
6. **Remove and discard respirator.** Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head and then pull the respirator away from the face without touching the front of the respirator or facemask.
7. **Perform hand hygiene after removing the respirator/facemask**

Use of gloves in in the context of the COVID-19 pandemic



Recommendations for the use of gloves to prevent SARS-CoV-2 transmission by community setting

| Activity | Non-sterile gloves (without EN standards) | Non-sterile gloves ^a | Sterile gloves ^a | Gloves used in microbiological and biochemical laboratories ^b |
|--|--|---------------------------------|-----------------------------|---|
| Community | | | | |
| Visiting busy closed spaces such as grocery stores, shopping centers. | no | no | no | no |
| Leisure activities. | no | no | no | no |
| Using public transport. | no | no | no | no |
| Workplaces and professions that involve physical proximity to many people, that did not wear gloves for occupational reasons prior to the COVID-19 pandemic, e.g. cashiers in shops and supermarkets. | no | no | no | no |
| People in occupations that wore gloves prior to COVID-19, such as environmental cleaners and the police. | yes/no ^c | yes/no ^c | no | no |
| Healthcare setting (e.g. acute care hospitals, general practices, long-term care facilities) | | | | |
| Aseptic procedures, e.g. surgical operations, central venous catheter insertion. | n/a | n/a | yes | no |
| Activities with a risk of contamination of healthcare workers' hands, including contamination with body fluids, or contact with mucous membranes and non-intact skin, e.g. peripheral venous catheter insertion/removal, intubation, cleaning spills of body fluids, emptying emesis basins, handling/cleaning used instruments, handling waste. | yes | yes | no | no |
| Procedures not included in the two previous examples. | no | no | no | no |
| Specific laboratory work. | no | no | no | yes |

^a - European Standard EN 455 on medical gloves for single use, as stipulated in the Council Directive 93/42/EEC

^b - Standards and specifics for the gloves used in microbiological and biochemical laboratories are described in the European Standard EN ISO 374

^c - Dependent on occupation specific guidance applicable to the setting and/or applicable national guidelines /legislation

n/a - not applicable

Source: <https://www.ecdc.europa.eu/sites/default/files/documents/Use-of-gloves-within-COVID-19.pdf>



#COVID19

ecdc.europa.eu

PUBLIC HEALTH: ... in times of COVID-19

Depressions

Depression is a common illness worldwide, with more than 264 million people affected. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate or severe intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can lead to suicide. Close to 800 000 people die due to suicide every year. Suicide is the second leading cause of death in 15-29-year-olds. Although there are known, effective treatments for mental disorders, between 76% and 85% of people in low- and middle-income countries receive no treatment for their disorder. Barriers to effective care include a lack of resources, lack of trained health-care providers and social stigma associated with mental disorders. People who are depressed are often not correctly diagnosed, and others who do not have the disorder are too often misdiagnosed and prescribed antidepressants.

Types and symptoms

Depending on the number and severity of symptoms, a depressive episode can be categorized as mild, moderate or severe as well as someone has or has not a history of manic episodes.

Recurrent depressive disorder: this disorder involves repeated depressive episodes. During these episodes, the person experiences depressed mood, loss of interest and enjoyment, and reduced energy leading to diminished activity for at least two weeks. Many also suffer from anxiety symptoms, disturbed sleep and appetite, and may have feelings of guilt or low self-worth and poor concentration.

Bipolar affective disorder: this type of depression typically consists of both manic and depressive episodes separated by periods of normal mood. Manic episodes involve elevated or irritable mood, over-activity, pressure of speech, inflated self-esteem and a decreased need for sleep.

Contributing factors and prevention

Depression results from a complex interaction of social, psychological and biological factors. People who have gone through adverse life events are more likely to develop depression. Depression can, in turn, lead to more stress and dysfunction and worsen the affected person's life situation and depression itself.

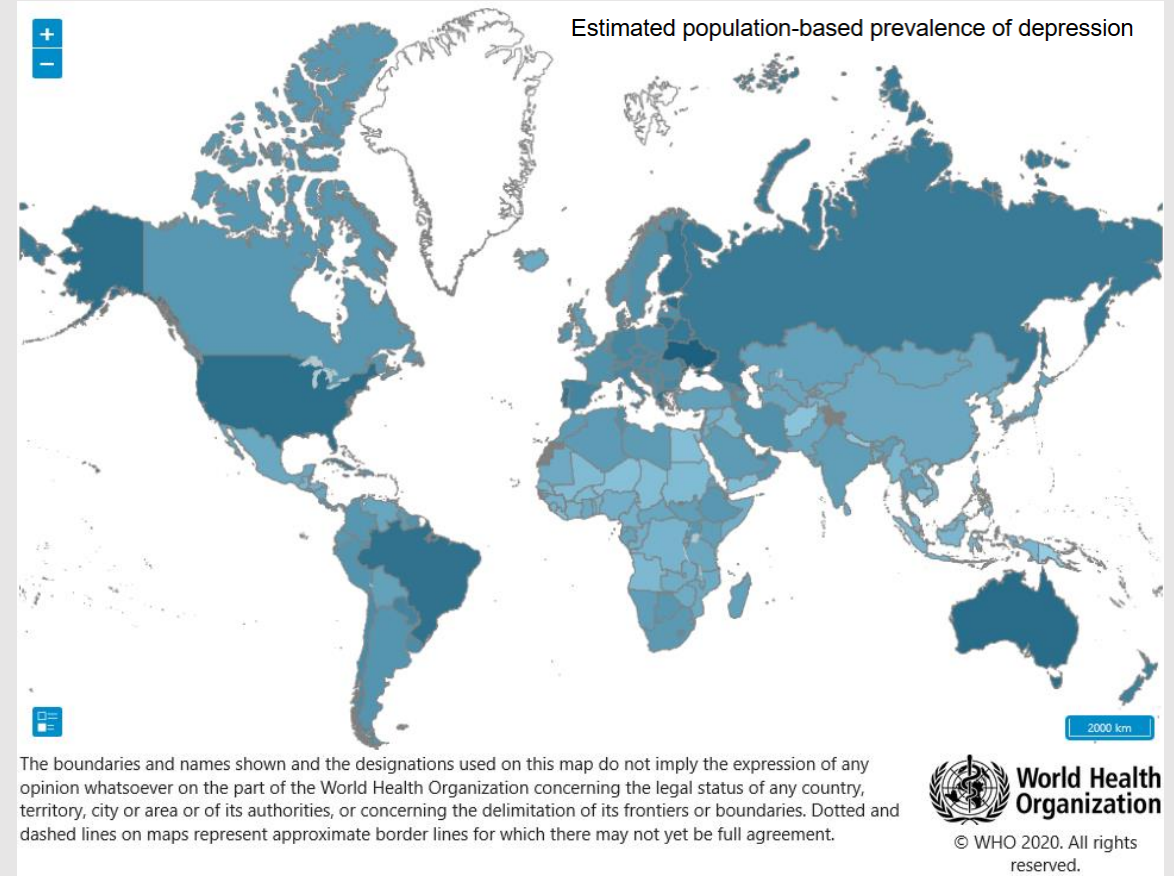
There are interrelationships between depression and physical health. For example, cardiovascular disease can lead to depression and vice versa.

Prevention programmes have been shown to reduce depression. Effective community approaches to prevent depression include school-based programmes to enhance a pattern of positive thinking in children and adolescents. Interventions for parents of children with behavioural problems may reduce parental depressive symptoms and improve outcomes for their children. Exercise programmes for the elderly can also be effective in depression prevention.

Diagnosis and treatment

There are effective treatments for moderate and severe depression. Health-care providers may offer psychological treatments such as behavioural activation, cognitive behavioural therapy (CBT) and interpersonal psychotherapy (IPT), or antidepressant medication such as selective serotonin reuptake inhibitors (SSRIs) and tricyclic antidepressants (TCAs). Health-care providers should keep in mind the possible adverse effects associated with antidepressant medication, the ability to deliver either intervention (in terms of expertise, and/or treatment availability), and individual preferences. Different psychological treatment formats for consideration include individual and/or group face-to-face psychological treatments delivered by professionals and supervised lay therapists.

Psychosocial treatments are also effective for mild depression. Antidepressants can be an effective form of treatment for moderate-severe depression but are not the first line of treatment for cases of mild depression. They should not be used for treating depression in children and are not the first line of treatment in adolescents, among whom they should be used with extra caution.



Pandemics can be stressful

Take Care of Your Mental Health, too!



Source: WHO

In the press

This section aims at summarizing trending headlines with regards to COVID-19. The collection does not aim at being comprehensive and we would like to point out that headlines and linked articles are no scientific material and for information purposes only. The headlines and linked articles do not reflect NATO's or NATO MilMed COE FHPB's view. Feedback is welcome!

16th July 2020

BBC

Coronavirus: Russian spies target Covid-19 vaccine research

<https://www.bbc.com/news/technology-53429506>

16th July 2020

The Guardian

Coronavirus vaccine: Oxford team aim to start lab-controlled human trials

<https://www.theguardian.com/science/2020/jul/16/coronavirus-vaccine-oxford-team-volunteers-lab-controlled-human-challenge-trial>

16th July 2020

South China Morning Post

Now China must rise to floods challenge after Covid-19 fight

<https://www.scmp.com/comment/opinion/article/3093516/now-china-must-rise-floods-challenge-after-covid-19-fight>

15th July 2020

European Commission

Coronavirus: Commission strengthens preparedness for future outbreaks

https://ec.europa.eu/commission/presscorner/detail/en/ip_20_1340

16th July 2020

Aljazeera

India to allow Hindu pilgrims to Kashmir despite coronavirus risk

<https://www.aljazeera.com/news/2020/07/india-hindu-pilgrims-kashmir-coronavirus-risk-200715102759983.html>

15th July 2020

Aljazeera

UN says migrants in Yemen stranded, abused amid coronavirus fears

<https://www.aljazeera.com/news/2020/07/migrants-yemen-stranded-abused-coronavirus-fears-200715052701434.html>

16th July 2020

South China Morning Post

Coronavirus: no easy way out of pandemic, even with a vaccine, experts say

<https://www.scmp.com/news/china/society/article/3093331/coronavirus-no-easy-way-out-even-vaccine-experts-say>

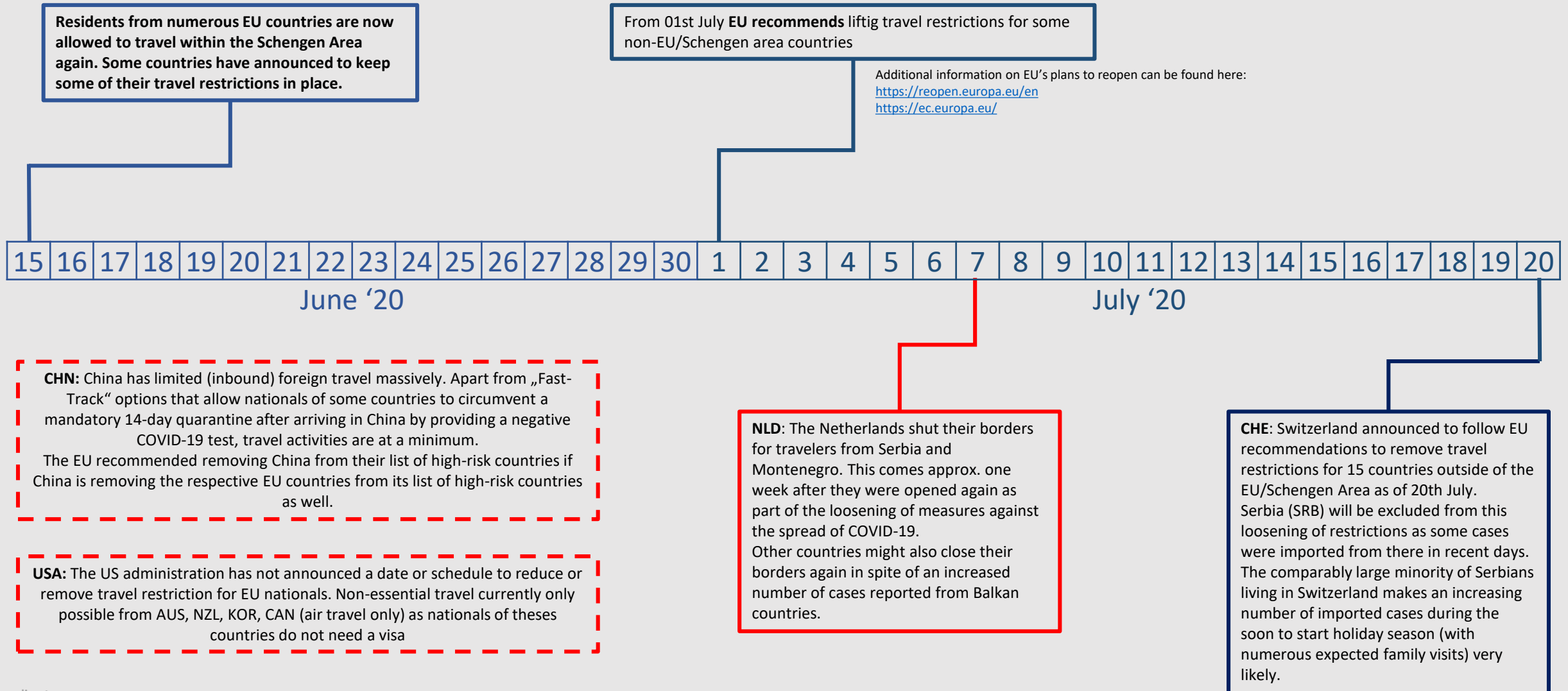
16th July 2020

Aljazeera

Bangladesh arrests hospital owner over fake coronavirus results

<https://www.aljazeera.com/news/2020/07/bangladesh-arrests-hospital-owner-fake-coronavirus-results-200716033249660.html>

Current plans to re-open borders



According to:

<https://www.schengenvisa.info/news/timeline-of-eu-member-states-reopening-their-borders/> | <https://www.china-briefing.com/news/chinas-travel-restrictions-due-to-covid-19-an-explainer/> | <https://www.traveloffpath.com/u-s-reopening-for-tourism-everything-you-need-to-know/> | <https://www.sem.admin.ch/sem/de/home/aktuell/aktuell/faq-einreiseverweigerung.html> | <https://www.netherlandsandyou.nl/latest-news/news/2020/07/07/the-netherlands-closes-borders-for-residents-from-serbia-and-montenegro>