



Short Update 40a COVID-19 Coronavirus Disease 09th of October 2020



GLOBAL



36 433 730

Confirmed cases
25 396 150
recovered
1 061 115 deaths

USA

(new cases/day 52 392)



7 548 795

confirmed cases
2 995 065 recovered
211 942 deaths

India

(new cases/day 78 524)



6 835 655

confirmed cases
5 827 704 recovered
105 526 deaths

Brazil

(new cases/day 31 553)



5 028 444

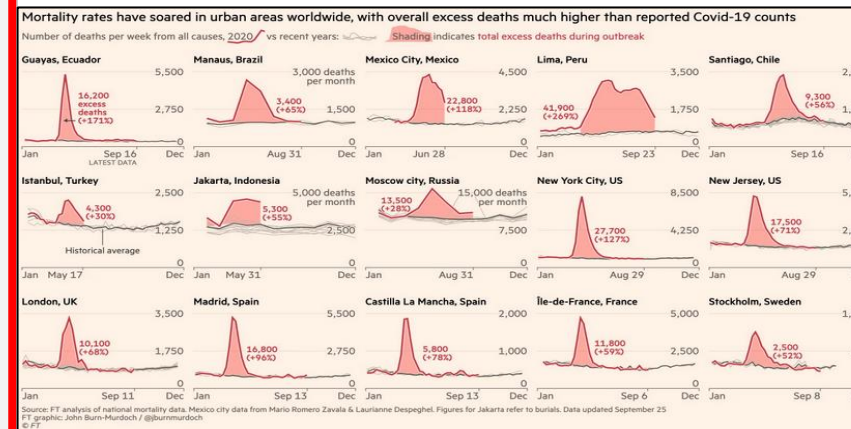
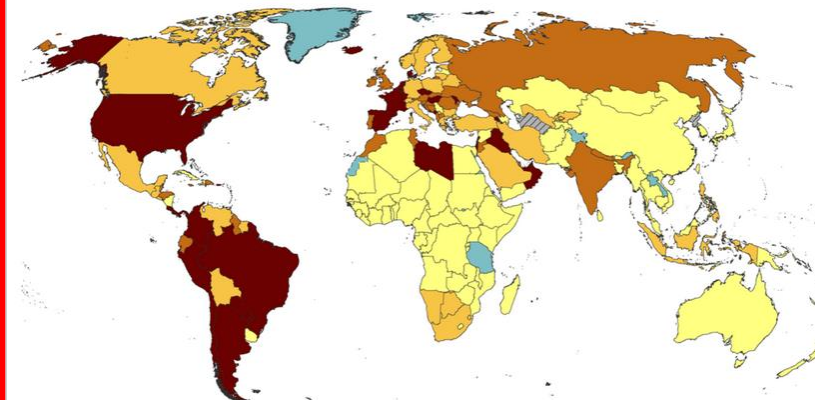
confirmed cases
4 488 092 recovered
148 957 deaths

News:

- WHO:** reports a record increase in coronavirus cases worldwide. According to this, 338,779 people were newly infected with the virus within the past 24 hours. According to the WHO, the greatest increases were recorded in India, the USA and Brazil. The deaths rose by 5,514 to a total of 1.05 million.
- ECDC:** published the 5th update on [“Infection prevention and control and preparedness for COVID-19 in healthcare settings”](#) on 6th of October. The document aims to provide guidance to healthcare facilities/providers on preparedness and infection prevention and control (IPC) measures for the management of possible and confirmed cases of COVID-19 in healthcare settings, including long-term care facilities (LTCFs), as well as the management of clinical diagnostic specimens at laboratories.
- The World Bank** estimates that the number of the world's extremely poor could rise by up to 115 million people. Because of the corona pandemic, the proportion of extremely poor people in the world population would grow for the first time in 20 years. 9.1 to 9.4 percent of the world population is expected to be extremely poor; Corona affects 1.4 percent more than originally expected.
- DEU: Domestic intelligence service of the Federal Republic of Germany (BfV)** is observing increasingly hostile activities by malicious secret services in the wake of the corona pandemic. Russian media, for example, spread disinformation and propaganda about the corona situation in Germany on their German-language channels. Foreign secret services have also undertaken technical “preparatory actions” for cyber attacks on the pharmaceutical sector. The methods of the opposing secret services have also become more robust. Violence is also used to achieve goals.
- 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:

- Global situation**
- Subject in Focus:** FAQs on Protecting Yourself from COVID-19 Aerosol Transmission
- In the press**



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EUROPE



6 042 058
confirmed cases

2 898 400 recovered
237 689 deaths

Russia

(new cases/day 11 345)



1 253 603
confirmed cases

998 197 recovered
21 939 deaths

SPAIN

(new cases/day 12 423)



848 324
confirmed cases
150 376 recovered
32 688 deaths

FRA

(new cases/day 18 129)



671 638
confirmed cases
100 306 recovered
32 521 deaths

Global Situation

ESP: The partial shutdown of the Spanish capital and nine other places in the region was lifted by a court. Due to the increasing number of new infections, the central government ordered that residents of the greater Madrid area may only leave their homes with good reason. The regional government filed an action against it.

DEU: On Friday morning, 4516 new corona infections were reported within 24 hours. Due to the increase in risk areas within Germany, many federal states have decided to prohibit holidaymakers from domestic corona risk areas.

The number of intensive care patients has doubled in the past four weeks. Around 470 people are currently being treated in intensive care units in Germany. Hospitals preparing for a worst case scenario.

FRA: The number of new corona infections in France has risen to a new high with almost 19,000 new infections. Stricter corona measures are now threatening, especially in areas where the spread of the new type of corona virus is advancing too quickly. This could affect big cities like Lyon, Lille, Grenoble and Toulouse. The health authority of the region around Paris warned of a significant deterioration of the situation. Currently, 40 percent of the intensive care beds in the French capital are currently occupied. In two weeks, 50 percent could be affected.

ITA: For the first time since April, Italy reports more than 3000 positive tests per day. Italy's government passed a nationwide mask requirement on Wednesday. The only exceptions are for children under the age of six and for people with illnesses or limitations.

USA: US President Donald Trump has announced the first election campaign appearances since his COVID-19 illness for the weekend. He plans to visit Florida on Saturday and Pennsylvania on Sunday.

While the White House has been emphasizing for days that Trump no longer has any symptoms of illness, he had to pause twice in the middle of a sentence in the 20-minute interview because of problems with his voice and coughing.

PRT: Reported 1278 new infections in 24 h. More new cases were recorded only once, almost six months ago.

The total number of cases climbed to more than 82,000 according to official information. The number of people who died of COVID-19 rose by ten to 2050. Meanwhile, the main concern was the fact that the number of COVID-19 patients treated in hospitals from 300 to more than in just over a month 800 skyrocketed. Because of the rapidly increasing numbers, new measures will be ordered.

NLD: The number of confirmed new infections in the Netherlands has increased by more than 5800 within 24 hours. This increases the pressure on the authorities to impose new restrictions in the country. The Netherlands has one of the highest per capita infection rates in the world.

What is a super spreader?

Infected people who infect many other people in particular are referred to as super spreaders. This happens particularly often in situations in which many people come together. An infected person who has had a lot of contact with others can become a super spreader.

The reproduction rate (R-value) shows how many other people an infected person infects. For example a R-value above 1 means: Every infected person infects a little more than one other person. Superspreaders, on the other hand, clearly skip the critical value of 1. So they are infecting far more people than the R-value suggests.

Infections of the last 7 days per 100,000 inhabitants



What is a superspreading event?

A superspreading event is a gathering of people at which a few infected people infect numerous other people. During the corona pandemic there were a few cases that caused a stir.

- In the municipality of Gangelt in the district of Heinsberg (North Rhine-Westphalia) around 300 people took part in a carnival session on February 15, 2020. Numerous people became infected with the corona virus.
- The passengers and crew on the Diamond Princess cruise ship were quarantined on February 5, 2020 in the port of Yokohama (Japan) until February 19. Two infected people have infected numerous people with the corona virus.
- Around 460,000 bikers came together at a motorcycle meeting in Sturgis (USA) from August 7 to 16, 2020. According to a study, this meeting is responsible for around 260,000 new infections with the coronavirus. That means the biker festival in the USA turned into a superspreader event

How relevant are super spreaders for the entire infection process?

Scientists from the renowned US University of Berkeley (California) recently addressed this question. The team evaluated a total of data on 575,071 contact persons from 84,965 confirmed cases of Sars-CoV-2 in India.

The result: Only eight percent of those infected were responsible for 60 percent of the new infections observed. On the other hand, 70 percent, and thus the vast majority of those recorded, did not infect a single person. According to this, super spreaders would be of considerable importance for the spread of the virus and thus for the development of the pandemic.

Source: <https://interaktiv.morgenpost.de/corona-virus-karte-infektionen-deutschland-weltweit/>
<https://science.sciencemag.org/content/early/2020/09/29/science.abd7672>

Global Situation

COVID-19 disrupting mental health services in most countries:

A WHO study found out that the COVID-19 pandemic has disrupted or halted critical mental health services in 93% of countries worldwide while the demand for mental health is increasing. The survey was published ahead of WHO’s Big Event for Mental Health on 10th October. The survey of 130 countries provides the first global data showing the devastating impact of COVID-19 on access to mental health services and underscores the urgent need for increased funding.

The survey was conducted from June to August 2020 among 130 countries across WHO’s six regions. It evaluates how the provision of mental, neurological and substance use services has changed due to COVID-19, the types of services that have been disrupted, and how countries are adapting to overcome these challenges.

Countries reported widespread disruption of many kinds of critical mental health services:

- Over 60% reported disruptions to mental health services for vulnerable people, including children and adolescents (72%), older adults (70%), and women requiring antenatal or postnatal services (61%).
- 67% saw disruptions to counseling and psychotherapy; 65% to critical harm reduction services; and 45% to opioid agonist maintenance treatment for opioid dependence.
- More than a third (35%) reported disruptions to emergency interventions, including those for people experiencing prolonged seizures; severe substance use withdrawal syndromes; and delirium, often a sign of a serious underlying medical condition.
- 30% reported disruptions to access for medications for mental, neurological and substance use disorders.
- Around three-quarters reported at least partial disruptions to school and workplace mental health services (78% and 75% respectively).

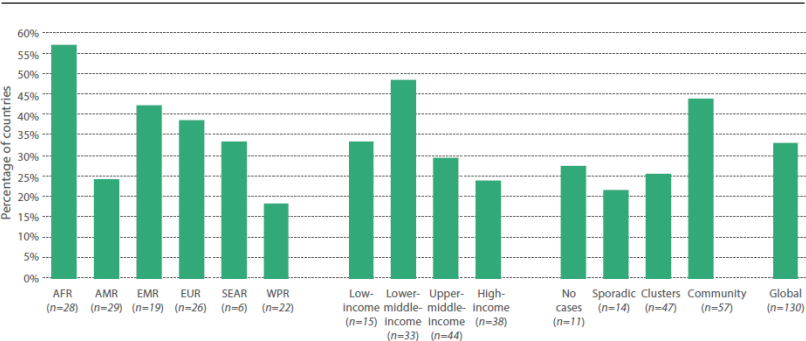
While many countries (70%) have adopted telemedicine or teletherapy to overcome disruptions to in-person services, there are significant disparities in the uptake of these interventions. More than 80% of high-income countries reported deploying telemedicine and teletherapy to bridge gaps in mental health, compared with less than 50% of low-income countries.

Although 89% of countries reported in the survey that mental health and psychosocial support is part of their national COVID-19 response plans, only 17% of these countries have full additional funding for covering these activities.

Summary:

As the pandemic continues, even greater demand will be placed on national and international mental health programmes that have suffered from years of chronic underfunding. Spending 2% of national health budgets on mental health is not enough. International funders also need to do more: mental health still receives less than 1% of international aid earmarked for health.

Fig. 10. Disruption in at least 75% of MNS-related interventions/services, by WHO region, WB income group and COVID-19 transmission stage



Systematic review of efficacy, effectiveness and safety of the newer enhanced seasonal influenza vaccines

Based on a systematic literature review, ECDC assessed the efficacy, effectiveness and safety of newer and enhanced inactivated seasonal influenza (flu) vaccines among those 18 years or older. These assessed are MF59® adjuvanted, cell-based, high-dose, and recombinant haemagglutinin influenza vaccines.

Seasonal influenza is an infectious respiratory disease, typically circulating from November to April in the Northern hemisphere and from June to October in the Southern hemisphere. It is mainly transmitted between humans through droplet transmission, indirect contact and aerosols. Collectively, the World Health Organization estimates that annual seasonal influenza epidemics result in three to five million severe cases and 290 000 to 650 000 respiratory deaths worldwide.

The most effective way to prevent seasonal influenza infection is through strain-specific vaccination. How effective the annual influenza vaccines are, depends on a number of factors including the predominantly circulating influenza strains, the obtained vaccination coverage in the (risk) populations and the mutation of the virus compared to previous influenza seasons.

For many decades, only trivalent influenza vaccines (that include two influenza A strains and one influenza B strain) have been available. In recent years, quadrivalent (two influenza A strains and two influenza B strains) have been authorised and are increasingly available. Traditional influenza vaccines have limitations in terms of immune response and the substrate used during manufacturing can reduce overall effectiveness. The newer and enhanced influenza vaccines have been developed, both in trivalent and quadrivalent forms, in an attempt to counteract these limitations.

Outcomes:

- Overall the evidence base for the efficacy and effectiveness of newer and enhanced influenza vaccines appears limited at present, with a number of potentially relevant studies identified as ongoing.
- It is likely that the use of such vaccines provides greater protection than no vaccination at all, when the usual considerations of circulating strain matching are applied. Evidence regarding the comparability of these vaccines to traditional seasonal influenza vaccines is uncertain with a lack of available literature.
- The safety profiles of these vaccines are largely in keeping with that expected when considering their individual compositions and, for the most part, they appear to be well tolerated.
- Some suggestions are provided to enhance research conduct and reporting regarding these newer and enhanced influenza vaccines which are anticipated to improve the data coverage overall and facilitate future decision-making regarding the use of such vaccines.

Subject in Focus

FAQs on Protecting Yourself from COVID-19 Aerosol Transmission

COVID-19 Is in Aerosols: Here Is What You Should Avoid

COVID-19 Avoid

Crowding Indoors low Ventilation

Close Proximity long Duration Unmasked Talking singing yelling breathing hard

A CIVIC DUTY

What Does This Mean?

"Aerosols" (aka as "airborne") transmission is similar to droplet transmission (that we can see) - But the bits of fluid are tiny - And they can linger in the air for minutes to hours

Think of smoke to help your risk assessment & risk reduction strategies. Just imagine that others you encounter are all smoking: the goal is to breathe as little smoke as possible and avoid those "smoke-filled areas."

Full article: www.time.com/5883081/covid-19-transmitted-aerosols

At what distance from an infected person can I get infected?:

There are two relevant scales:

- "Close proximity," < 1-2 m
- "Shared room," sharing the air of the same room at the same time

Do the 1-2 m or 6 feet guidelines guarantee lack of infection indoors?

Like other recommendations, these social distance rules will reduce risk, but not eliminate it. The 6 feet rule is based on the idea that large ballistic droplets fall to the ground within 6 feet, although they can travel farther in a cough or fall to the ground within 6 feet, although they can travel farther in a cough or

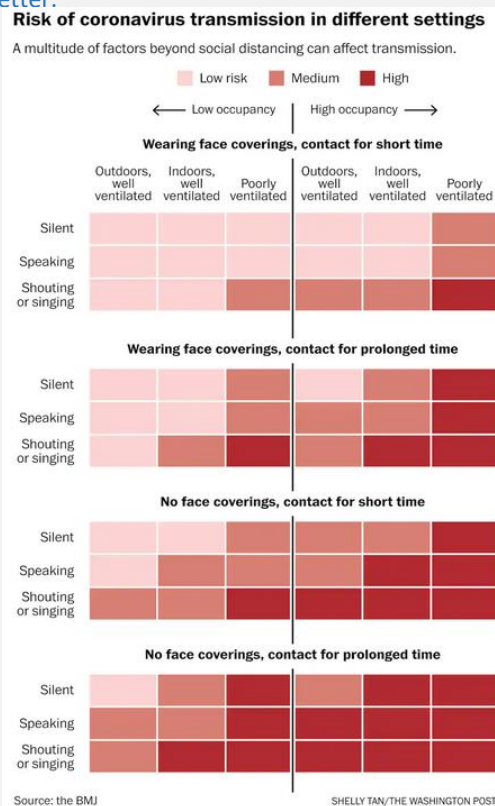
How long does one need to inhale infectious aerosol to be infected?

The amount of time you spend in close proximity or in a shared room with an infected person affects how much virus you actually inhale, which will dictate your risk of becoming infected. There is no clear amount of time currently know, but it would seem to be in the order of minutes. Even as many health regulations say 15 minutes in close proximity is typically needed to get infected it is not supported by evidence.

How long can the virus stay in the air indoors?

Deposition depends on the size of the droplet/aerosol that's carrying it, as well as on the amount of clutter and air motion in the room. Virus has been found in tiny aerosols, smaller than 1 micron, and these can stay floating in the air for more than 12 hours, BUT these small aerosols will typically leave a building in the air faster than they settle on indoor surfaces and the virus can decay during this time.

Access the time for air to leave a room is a little bit complicated. As outdoor air enters an indoor space it mixes with the air already indoors. In residences, 95% of the indoor air will likely be replaced with outdoor air in a time frame that ranges from 30 minutes to 10 hours. In public buildings, 95% replacement may take between 12 minutes to 2 hours. In a hospital, 95% replacement might take 5 minutes.



How can I protect myself from aerosol transmission indoors?

There will never be a 100% safe way, but you can reduce your risk. You should try to avoid or reduce as much as possible situations that facilitate inhaling the "smoke" (exhaled air) from others. To reduce risk avoid:

- Crowded spaces
- Close proximity to others
- Low ventilation environments
- Long durations
- Places where people are not wearing masks
- Talking, and especially loud talking / shouting / singing
- High breathing rates (e.g., indoor aerobic exercise)

Everyone can help slow the spread of COVID-19 by doing...

A CIVIC DUTY

AVOID (or reduce):

- Crowding
- Indoors
- Ventilation (low)
- Close proximity
- Duration (long)
- Unmasked
- Talking/singing
- Yelling

It's up to everyone to slow the spread of COVID-19 by taking these easy and effective actions.

IG: @americaedwards
Twitter: @edwards_america

Is there a way to remember all the things I need to reduce or avoid?

Avoid Crowding, Indoors, low Ventilation, Close proximity, long Duration, Unmasked, Talking/singing/Yelling/breathing hard = "A CIVIC DUTY".

Do masks work to reduce the aerosol spread of COVID-19?

Yes! The physics are well understood. If a porous obstacle is put in the path of air that contains aerosols, some of the aerosols will end up in the obstacle. See the figure to the right.

This video presents a good overview of filtration mechanisms of masks. The electrostatic mechanism discussed in the video is specific to N95 and surgical masks, but everything else is applicable to all masks.

COVID-19 Is in Aerosols: Here Is What You Can Do

COVID-19 Do

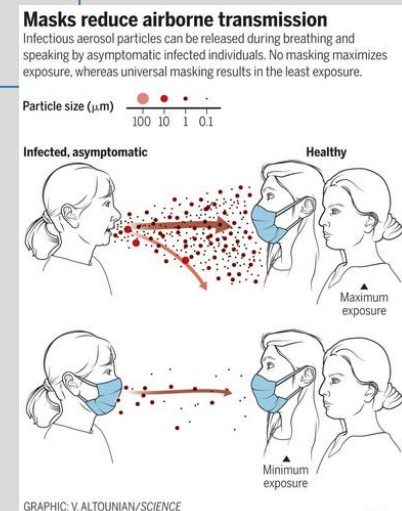
Do as many activities outdoors as possible, but outside is not magic!

Do wear masks - they are essential, even when we are able to maintain social distance - make sure they fit snugly!

Do think about ventilation and air cleaning by filtration!

We should continue doing what has already been recommended: wash hands, keep six feet apart, etc. But that is not enough - follow @jgcolado on Twitter for more

Source: www.time.com/5883081/covid-19-transmitted-aerosols



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!

09th October 2020

Aljazeera

The lesson from the pandemic? We need to tackle inequality

<https://www.aljazeera.com/opinions/2020/10/9/the-lesson-from-the-pandemic-we-need-to-tackle-inequality/>

08th October 2020

The Guardian

Covid: more than 80% of positive UK cases in study had no core symptoms

<https://www.theguardian.com/world/2020/oct/08/more-than-80-positive-cases-in-covid-study-had-no-core-symptoms>

06th October 2020

DW

Brazil: Struggling with life after COVID-19

<https://www.dw.com/en/covid-19-brazil/a-55179978>

08th October 2020

Aljazeera

Lebanon's COVID-19 surge: What went wrong?

<https://www.aljazeera.com/news/2020/10/8/lebanons-covid-surge-what-went-wrong-and-what-to-do>

09th October 2020

The Guardian

Covax: Covid vaccine global effort gets China's support

<https://www.theguardian.com/world/2020/oct/09/covax-vaccine-global-effort-gets-chinas-support>

08th October 2020

Aljazeera

S Korean accused of lying to COVID-19 investigators sent to jail

<https://www.aljazeera.com/news/2020/10/8/s-korean-accused-of-lying-to-covid-19-investigators-sent-to-jail>

09th October 2020

South China Morning Post

Coronavirus: air pollution improved during China's lockdowns – and it may have reduced hospital visits

<https://www.scmp.com/news/china/science/article/3104741/covid-19-air-pollution-improved-during-chinas-lockdowns-and-it>

08th October 2020

The Guardian

New Zealand's Covid-19 response the best in the world, say global business leaders

<https://www.theguardian.com/world/2020/oct/08/new-zealands-covid-19-response-the-best-in-the-world-say-global-business-leaders>

THE NEW NORMAL



Be a role model. Show others the importance of cleaning hands, covering coughs and sneezes with a bent elbow, maintaining a distance of at least 1 metre from others and cleaning frequently touched objects and surfaces regularly.

Don't just say it,
Do it!

#StaySafe



The new normal!

In some places, as cases of COVID-19 go down, some control measures are being lifted.

But this doesn't mean we should go back to the 'old normal'.

If we don't stay vigilant and protect ourselves and others, coronavirus cases may go up again.

If we stop following the key protective measures, coronavirus can come rushing back.

Now, more than ever, it's important that we all follow our national health authority's advice and be part of helping to prevent coronavirus transmission.

Wherever you are, you still need to protect yourself against COVID-19.

Even as restrictions are lifted, consider where you are going and stay safe.



Avoid the Three C's



Be aware of different levels of risk in different settings.

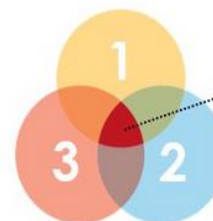
There are certain places where COVID-19 spreads more easily:



Crowded places
with many people nearby

Close-contact settings
Especially where people have close-range conversations

Confined and enclosed spaces
with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three C's.

WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.



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.

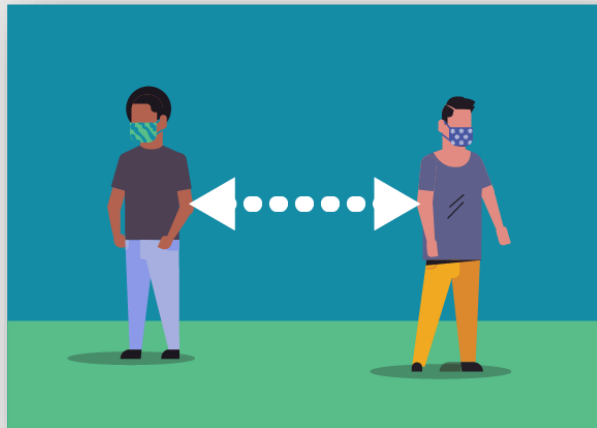
In the case of protective masks with an advertised protective effect in connection with SARS-CoV-2, depending on the intended purpose, a distinction is made between two types:

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

| | Mouth and nose protection | FFP2/FFP3 mask without valve | FFP2/FFP3 mask with valve |
|-------------------------|---------------------------|------------------------------|---------------------------|
| Protects wearer of mask | limited | ✓ | ✓ |
| 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:

