



30<sup>th</sup> Anniversary

**assist america**<sup>®</sup>  
Innovative Assistance Solutions

# Coronavirus Outbreak

The novel coronavirus pandemic is not only shaking China, but the entire world as the number of cases reported continues to increase. Assist America has gathered the latest updates and travel advice about the outbreak and its impact on international travel.

## What is a coronavirus?

Coronaviruses (CoV) are a large family of viruses found in both animals and humans. Some infect people and are known to cause illness ranging from the common cold to more severe diseases such as the Middle East Respiratory Syndrome (MERS), the Severe Acute Respiratory Syndrome (SARS), and the ongoing novel coronavirus referred to as COVID-19 or 2019-nCoV.

This novel coronavirus is a new strain of coronavirus that has not been previously identified in humans. The new coronavirus had not previously detected before the outbreak was reported in Wuhan, China in December 2019.

Scientists in China announced on March 4th to have identified two separate strains of COVID-19: a more aggressive type and a lesser one. The more aggressive strain was found in early cases from Wuhan, China, where the coronavirus originated from, and researchers think it may have evolved from the less aggressive type.

## How is the virus transmitted?

Much remains unknown about the COVID-19. Current knowledge is largely based on what is known about similar coronaviruses. Most often, coronaviruses are spread from person-to-person in situations of close contact (about 6 feet/2 meters).

The spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. These droplets can land in or near the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It is currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

## Coronavirus as of March 4<sup>th</sup>

- **Number of Cases:**
  - Mainland China: 80,270
  - Worldwide: 13,991
- **Total Deaths**
  - Mainland China: 2,871
  - Worldwide: 343

## If you believe you are infected:

- Isolate yourself from others
- Use medical face masks
- Get tested to confirm infection
- Seek medical help if you experience severe symptoms

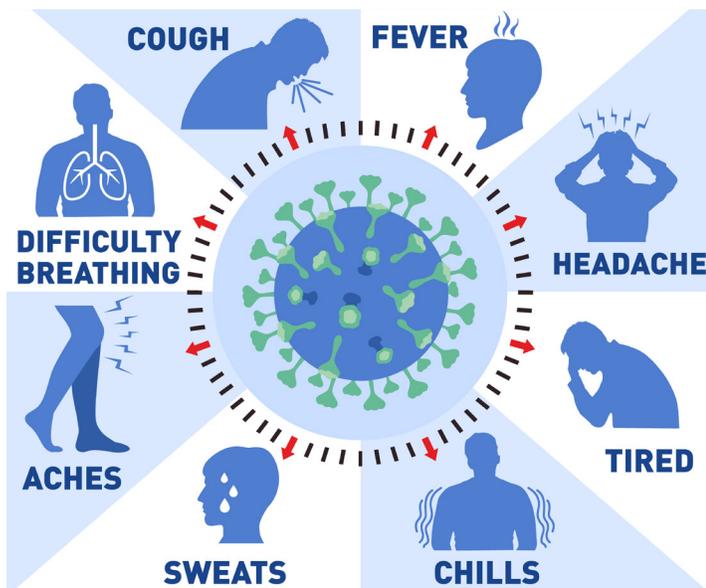


## Who should be concerned about COVID-2019?

People currently in China should apply extreme caution and avoid crowds, public places and all contact with wildlife. People with pre-existing respiratory and cardiopulmonary diseases, weakened immune systems, infants and the elderly are more at risk of experiencing severe symptoms which can result in death. South Korea, Iran, Italy and Japan are also considered high-risk destinations and travelers should avoid all non-essential travel to these countries.

## What are the symptoms and treatment?

Symptoms of the virus are closely related to those of the common cold with mild to moderate upper-respiratory tract illnesses and a general feeling of being unwell. Common signs of infection include:



In more severe cases, an infection can cause lower-respiratory tract illnesses such as pneumonia or bronchitis, severe acute respiratory syndrome, kidney failure and even death.

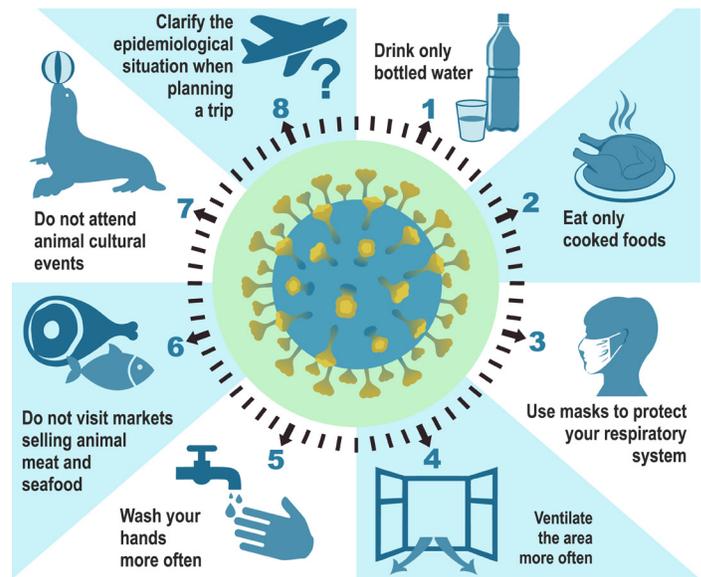
There is no specific antiviral treatment recommended for COVID-19 infection. People infected with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include the support of vital organ functions.

## Can COVID-19 be prevented?

There is currently no vaccine or preventive treatment against COVID-19. The best way to protect yourself from

contamination is to avoid exposure to the virus. To do so, when traveling to at-risk areas:

- Maintain at least 3 feet (about 1 meter) between you and other people, particularly those who show cold-like symptoms such as sneezing, coughing and congestion.
- Wash your hands carefully with soap and water or an alcohol-based sanitizer.
- Cover your mouth and nose with your arm or a tissue when coughing or sneezing. Discard the tissue immediately into a closed bin and wash hands.
- Avoid touching your mouth and eyes.
- Avoid consumption and handling of raw or undercooked animal products



## What do I do if I get ill?

If you develop mild symptoms:

- Isolate yourself from others at home and use a separate bathroom if available.
- Put on a medical mask and practice good sneeze/cough and hand hygiene
- Call a doctor or hospital and tell them your recent travel or close contact history

If you have serious symptoms such as difficulty breathing, call the emergency dispatch number for immediate medical attention and go to the nearest emergency room.

## A new infection has been detected in Wuhan, China

(Novel Coronavirus)

If you have been to Wuhan, China, in the last 14 days and develop ANY of these symptoms, contact a healthcare professional

### Any of ....



If you develop symptoms within 14 days of leaving China, contact a healthcare professional for free advice and treatment, by calling NHS 111 or your GP and tell them that you have travelled to Wuhan.

If you are currently experiencing symptoms in the airport, please contact  
**020 8745 7209**



## Sources:

For more information regarding COVID-19, visit:

- <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- [Coronavirus Global Cases](#)

## When should isolation be considered?

To help limit the spread of coronavirus, you should isolate yourself in the following circumstances:

- If you have traveled to or transited through China, South Korea, Iran, Italy or Japan within the past 14 days, you must isolate yourself for 14 days when returning to your home country.
- If you have been in close contact with a confirmed case of COVID-19, you must isolate yourself for 14 days after your last contact with the confirmed case.

If you fall under one of these scenarios, you will need to isolate yourself at your house or in your hotel room for 14 days – the virus' incubation period. If you must leave home, such as to seek medical care, apply extreme caution and wear a face mask

## Can I still travel internationally?

**All nonessential travel to China, South Korea, Iran and Northern Italy should be avoided.** Most governments around the globe have issued a travel ban and/or high-level advisory, asking their residents not to travel to these countries until the outbreak is under control.

If you were planning to travel to one of these destinations, you should be eligible to reschedule or cancel it without penalties or fees. Travelers should check with their airline, hotel, or cruise line.

The U.S. State Department recently issued a Level 2 Travel Advisory for Japan recommending travelers to apply increased caution if traveling to this country.

Besides these destinations, there is at this time no other high-level travel warnings and a low risk of being contaminated. Still, travelers should apply extreme caution and follow strict hygiene measures when traveling either domestically or internationally.

## How is COVID-19 impacting travel?

This novel coronavirus has impacted international travels immensely, particularly the air travel industry. In the wake of the outbreak, most airlines with routes to China have reduced or suspended their flights over the fear of the virus spreading and the reduced demand for travel to and from the region.

More than 40 airlines have modified or suspended their flights to China, including:

- **American Airlines** (until April 24)
- **Air Canada** (until March 27)
- **Air China** (until March 18)
- **Air France** (until end of March)
- **Air New Zealand** (until March 29)
- **Air Seoul** (until further notice)
- **Air Tanzania** (until further notice)
- **Air Mauritius** (until further notice)
- **ANA Holdings** (until further notice)
- **Austrian Airlines** (until end of February)
- **British Airways** (until March 31)
- **Cathay Pacific Airways** (until further notice)
- **Delta Airlines** (until April 30)
- **Egyptair** (until further notice)
- **Emirates** (until further notice)
- **Etihad** (until further notice)
- **El Al Israel Airlines** (Mainland China - March 25 / Hong Kong flights until March 20)
- **Hainan Airlines** (until March 27)
- **Finnair** (until March 28)
- **Iberia Airlines** (until April 30)
- **JejuAir Co Ltd** (From March 1 until further notice)
- **Kenya Airways** (until further notice)
- **KLM** (until March 15)
- **Korean Air Lines Co.** (until February 22)
- **Lion Air** (until end of February)
- **LOT** (until March 28)
- **Lufthansa** (until March 28)
- **Oman and Saudia** (until further notice)
- **Qatar Airways** (until further notice)
- **Rwandair** (until further notice)
- **Nordic Airline SAS** (until March 29)
- **Philippine Airlines** (until further notice)
- **Qantas Airways** (until March 29)
- **Royal Air Maroc** (until February 29)
- **All Russian airlines**, with the exception of national airline Aeroflot and Ikar (until further notice)
- **Scot** (until further notice)
- **Singapore Airlines** (until further notice)
- **United Airlines** (until April 23)
- **Vietjet and Vietnam Airlines** (until April 30)
- **Virgin Atlantic** (until March 28)
- **Virgin Australia** (from March 2 until further notice)

Travelers should be prepared for further travel restrictions with little to no advance notice. Contact your airline carrier for more details on the specific routes impacted and the dates until which flights are suspended. Most airlines are offering passengers to postpone or cancel their trip for free.

# Latest Updates (as of March 4<sup>th</sup>)

## **Researchers Identify Two Coronavirus Strains**

Scientists in China studying the outbreak of disease caused by the new coronavirus say they have found that two main strains of the virus are circulating in humans and causing infections.

## **United, Delta and seven other airlines are waiving flight change fees because of the coronavirus outbreak**

Travelers are changing their flight plans in the wake of the COVID-19 outbreak, and many airlines are helping them in the process. In recent weeks, airlines have cancelled hundreds of flights to East Asia and, more recently, northern Italy as the number of coronavirus cases grew in those regions.

## **Italy to Close Schools for 10 Days Due to Coronavirus**

In an attempt to contain its outbreak, Italy has announced a closure for all schools through March 15. Italy's outbreak is the worst in Europe with the majority of the cases concentrated in the Northern regions of Lombardy, Veneto and Emilia-Romagna.

## **Paris Louvre Reopens, As Dozens Of New Coronavirus Cases Hit France**

After days of uncertainty, the Louvre has announced it is reopening Wednesday afternoon. This after the museum closed its doors for over two days as the coronavirus escalates in France.

## **Museums and Cultural Institutions are Temporarily Closed in an Effort to Limit Spread of the Coronavirus**

As the deadly strain of coronavirus continues to spread across the world, Japan is taking emergency measures by closing its museums for at least two weeks. Japan is following the example of South Korea and Italy, which both decided to shut down museums earlier this week.