

## INFORMATION ABOUT THE CORONA VIRUS COVID-19

The corona virus COVID-19 is currently spreading and making many people nervous.

Here you will find our official statement about this virus, some background information, what to do, and where to keep updated regarding new information.

Our main advice is:

- Wash your hands regularly.
- Cough/sneeze into your sleeve/arm.
- DO NOT go directly to your doctor's waiting room if ill. Call your doctor first, if you are experiencing the symptoms described below.
- If you plan to travel you NEED TO inform us 14 days in advance. We need to know where you are going. If you plan to go to an area the Danish Government is warning against, we will prohibit you from going, as we do not want you to risk getting ill and also risk infecting your project, host family, local community and people you meet along the way.

***If you get infected, please contact us.***

Please read all the information below. If you have questions, please ask.

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Most of you have heard about the Corona virus (COVID-19) and it has now been discovered in many of the countries you are visiting or considering visiting.

If you are not in an area where COVID-19 is spreading, or if you have not travelled from one of those areas or have not been in close contact with someone who has and is feeling unwell, your chances of getting it are currently low. However, it is understandable that you may feel stressed and anxious about the situation.

If you are in an area where there is an outbreak of COVID-19 you need to take the risk of infection seriously (<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>). We have collected some information about the virus and how to avoid being infected.

### **About the Coronavirus:**

Coronaviruses (CoV) are a large family of viruses that cause illness in different degrees ranging from the common cold to more severe diseases as the respiratory infections (MERS-CoV and SARS-CoV). The most common signs of infection include **respiratory symptoms, fever, cough, shortness of breath and breathing difficulties**.

Coronaviruses are zoonotic, meaning they are transmitted between animals and people (<https://www.who.int/health-topics/coronavirus>)

The first outbreak of COVID-19 was found in Wuhan in the Hubei province in China. They all had symptoms of pneumonia: fever, cough, and in some cases trouble breathing.

The typical symptoms of COVID-19 are fever, cough, sore throat, headaches, muscle aches, and breathing difficulties.

The time from being affected to feeling the symptoms can be from 2 to 14 days, but most commonly 5-6 days. (<https://www.ssi.dk/aktuelt/sygdomsudbrud/coronavirus>).

### How serious is the COVID-19?

Currently, the World Health Organization (WHO) describes that 80% of the infected experience mild symptoms and don't need hospitalization, while 15% of the infected experience symptoms that needs hospitalization. The last 5% of the infected experience more severe symptoms where admission to intensive care unit might be needed. The more severe symptoms are mostly seen at elderly people and people with weakened immune systems. (<https://www.sst.dk/da/Viden/Smitsomme-sygdomme/Smitsomme-sygdomme-A-AA/Coronavirus/Spoergsmaal-og-svar>)

The risk of infection is higher in areas where a number of people have been diagnosed with COVID-19. More than 95% of all COVID-19 cases are occurring in China, with the majority of those in the Hubei province. For people in most parts of the world, your risk of getting COVID-19 is currently low, however, it's important to be aware of the situation and preparedness efforts in your area.

The mortality is around 2 % among the reported cases of COVID-19 infected. But be aware that many cases of the common colds may not be registered, so the percentage of mortality among COVID-19 infected might be much lower.

Right now, there are no accepted treatments or vaccines for corona infections. (<https://www.ssi.dk/aktuelt/sygdomsudbrud/coronavirus>). Many people are put in quarantine in their homes to avoid infecting others, if they are displaying symptoms but are in no need of special care.

### How to avoid being infected:

The spread of infections happens via personal contact, mostly from direct contact through cough and sneezes or from indirect contact for example via secretions on hands.

General precautions:

- Avoid close contact with persons showing symptoms such as cough and sneezes.
- Frequently, wash your hands with water and soap thoroughly or clean your hands with an alcohol-based hand rub, especially after being in contact with infected persons.
- Cover mouth and nose with bent elbow or tissue when coughing and sneezing and dispose the used tissue immediately.
- Stay home if you feel unwell. If you have a fever, cough and breathing difficulties seek medical attention and call in advance.
- But most of all use your common sense.

### Travels:

Go to <https://um.dk/> (Danish Foreign Ministry) to get the latest update on the official travel advice.

Yellow = Be careful

Orange = Advices against non-essential trips

Red = Advices against all trips

If you have travelled to the highrisk areas in the last 14 days and feel the symptoms of fever, cough, sore throat or troubles breathing **contact your doctor on phone** and inform about the travel. Same procedure if you have been in close contact with a person suspected of or being infected by coronavirus.

(<https://www.ssi.dk/aktuelt/sygdomsudbrud/coronavirus>)

Please remember that all volunteers have to report to the office in Aarhus, if they are planning to travel abroad. We will not allow you to travel to countries that are orange and red on the list from the Danish

Ministry of Foreign Affairs, as you may risk getting infected yourself and/or infecting your host family, project, local community, and people you meet along the way.

Keep updated on your project's stance on travelling and their rules.

**Stay informed:**

Stay informed about the development of COVID-19 on WHO's webpage: <https://www.who.int/health-topics/coronavirus> or your national and local public health authority, and follow information about travels on your national ministry of foreign affairs

**National health information, Denmark:**

Sundhedsstyrelsen: <https://www.sst.dk/da/Viden/Smitsomme-sygdomme/Smitsomme-sygdomme-AA/Coronavirus/Spoergsmaal-og-svar>

Statens Serum Institut: <https://www.ssi.dk/aktuelt/sygdomsudbrud/coronavirus>

Danish Ministry of Foreign Affairs: <https://um.dk/da/rejse-og-ophold/rejse-til-udlandet/coronavirus/>