

COVID-19

(2019 Novel Coronavirus)

RISKS, SYMPTOMS & PREVENTION

(This document is based upon basic information related matters from a risk/insurance perspective and for reference only)

Prepared by:



Source:

- World Health Organisation (WHO)
- The Centers for Disease Control and Prevention (CDC)
- Relevant Resource (such as CBC news, Japantimes....)



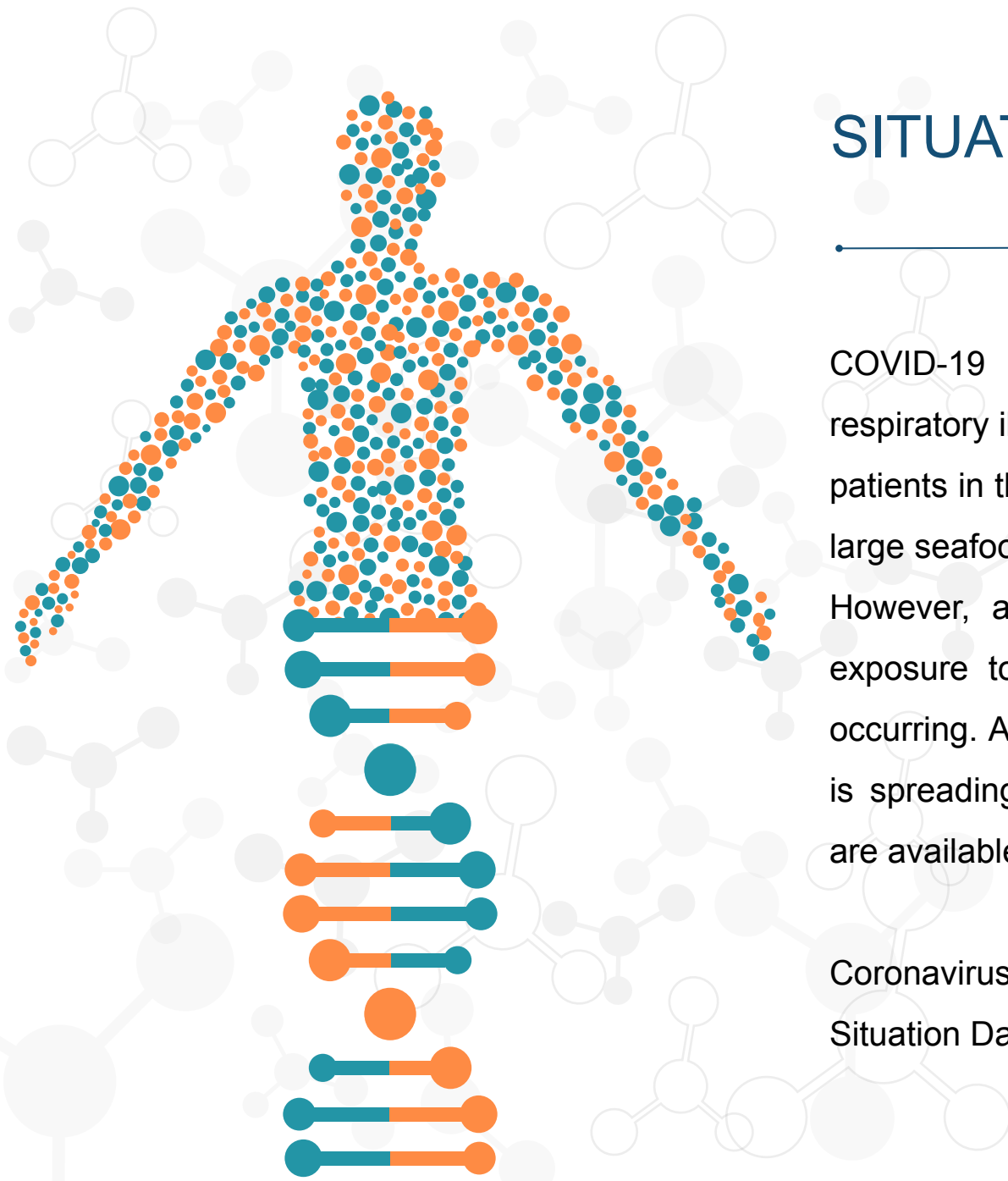
DEAR VALUED CUSTOMERS,

You will be aware of the continuing outbreak of a new type of COVID-19 (2019 Novel Coronavirus) and the deep concerns in the global community and organisations such as Vietnam's Ministry of Health and overseas, The Centers for Disease Control and Prevention (CDC) is closely monitoring this outbreak of respiratory illness first identified in Wuhan, Hubei Province, China. Additional cases have been identified in a growing number of other international locations, including an increasing potential numbers in Vietnam. We continue to monitor development and would like to provide below interim update to you for review and consideration.

OBJECTIVES



The key objectives are loss prevention, especially to lives, thus we would like to share below knowledge of this virus with the hope of minimizing risk of contraction to your employees and in turn your customers. Please do read carefully the following information as advised and published by both the World Health Organisation (WHO) & The Centers for Disease Control and Prevention (CDC).



SITUATION SUMMARY

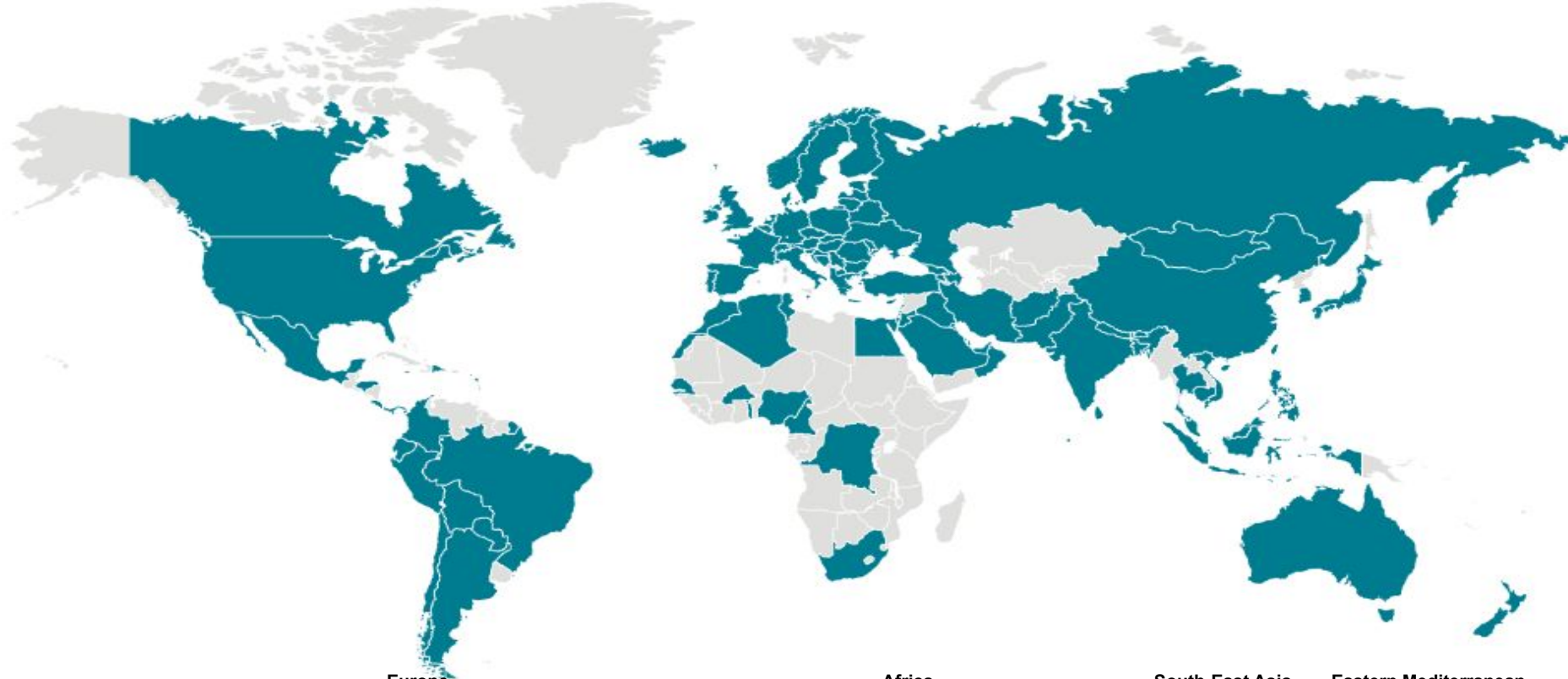
COVID-19 is a virus identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. Early on, many of the patients in the outbreak in Wuhan, China reportedly had some link to a large seafood and animal market, suggesting animal-to-person spread. However, a growing number of patients reportedly have not had exposure to animal markets, indicating person-to-person spread is occurring. At this time, it's unclear how easily or sustainably this virus is spreading between people. The latest situation summary updates are available on CDC's web page [COVID-19, Wuhan, China](#).

Coronavirus disease (COVID-19) outbreak [>>>More](#)

Situation Dashboard [>>>More](#)

LOCATIONS WITH CONFIRMED COVID-19 CASES GLOBAL MAP

Source: The Centers for Disease Control and Prevention (CDC) - as of 12:00 p.m. ET March 11, 2020



Western Pacific

Australia
Brunei Darussalam
Cambodia
China
Hong Kong
Japan
Macau
Malaysia
New Zealand
Philippines
Republic of Korea
Singapore
Taiwan
Vietnam

Europe

Albania
Andorra
Armenia
Austria
Azerbaijan
Belarus
Belgium
Bosnia and Herzegovina
Bulgaria
Croatia
Cyprus
Czechia
Denmark
Estonia
Finland
France
Georgia
Germany
Gibraltar
Greece
Holy See (Vatican City)
Hungary
Iceland
Ireland
Israel
Italy
Latvia
Liechtenstein

Lithuania
Luxembourg
Malta
Moldova
Monaco
Netherlands
North Macedonia
Norway
Poland
Portugal
Romania
Russia
San Marino
Serbia

Slovakia
Slovenia
Spain
Sweden
Switzerland
Turkey
Ukraine
United Kingdom

Africa

Algeria
Burkina Faso
Cameroon
Democratic Republic of Congo
Nigeria
Senegal
South Africa
Togo

South-East Asia

Bangladesh
Bhutan
India

South-East Asia

Indonesia
Maldives
Nepal
Sri Lanka
Thailand

Eastern Mediterranean

Afghanistan
Bahrain
Egypt
Iran
Iraq

Eastern Mediterranean

Jordan
Kuwait
Lebanon
Morocco
Oman
Pakistan
Qatar
Saudi Arabia
Tunisia
United Arab Emirates

Americas

Argentina
Bolivia

Americas

Brazil
Canada
Chile
Colombia
Costa Rica
Dominican Republic
Ecuador
French Guiana
Guadalupe
Honduras
Jamaica
Martinique
Mexico
Panama
Paraguay
Peru
United States

SYMPTOMS

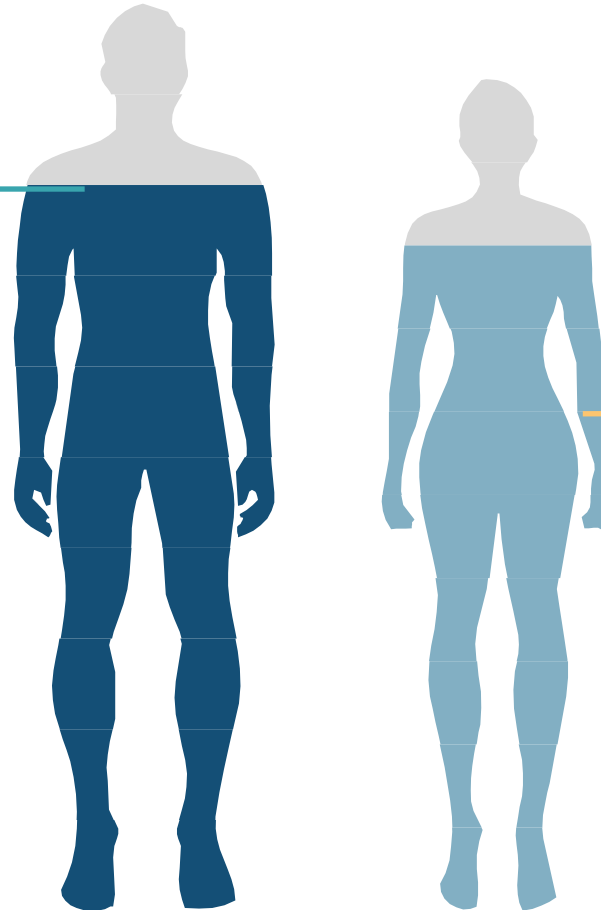
General Symptoms

Symptoms (*)

For confirmed COVID-19 infections, reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying. Symptoms can include:

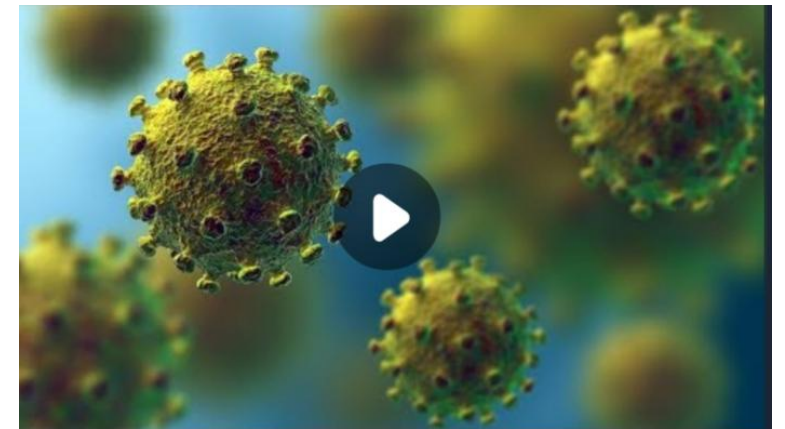
- Fever
- Cough
- Shortness of breath

(*) CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 after exposure. This is based on what has been seen previously as the incubation period of MERS viruses.



Fact of COVID-19

shared by CBC News



TRANSMISSION

Close Contact

Most often, spread from person-to-person happens among close contacts (about 6 feet). Person-to-person 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 the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It's 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.

Source: CDC



Other potential Transmission Ways

Researchers don't yet know how exactly COVID-19 spreads from person to person, but they suspect it is most likely from coming into contact with virus-containing droplets that could be emitted by an infected person's cough and transferred to their hands or surfaces and objects.

(Source: Japantimes.com)

LOSS PREVENTION COVID-19

Please note there is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

These are everyday habits that can help prevent the spread of several viruses. CDC does have specific guidance for travelers.

Advice, additional tools and guidance documents are available online and have been developed by a number of non-profit organisations to assist employers in their planning against this hidden foe. For further information please visit:-

Information regarding 2019
Novel COVID-19

[More Details>>>](#)

CDC Guidance for
Businesses and Employers
To Plan and Respond

[More Details>>>](#)

WHO Basic Protective
Measures Against the New
COVID-19

[More Details>>>](#)

COVID-19: What the Public Should Do

WHAT WE SHOULD DO

- Remember to take everyday preventive actions that are always recommended to prevent the spread of respiratory viruses.
- Avoid close contact with sick people.
- While sick, limit contact with others as much as possible.
- Stay home if you are sick.
- Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.
- If you feel sick with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with COVID-19 in the 14 days before you began to feel sick, seek medical care.

What we should do

Prevention Tips

PREVENTION TIPS



Keep your distance: Limit your contact with sick or ill people or avoid them all together where possible



Avoid animals: Avoid stray animals , animal markets and animal products, such as uncooked meat



Wash your hands: Wash your hands frequently with with an alcohol-based hand rub soap and water for a minimum of 20 seconds



Use hand - sanitiser: Use an alcohol - based hand sanitiser when you are on the - go or if no hand washing facilities are available



Speak to a doctor Travellers with known health issues and immunocompromising conditions should discuss travelling to China with their GP or primary care physician .

HOTLINE & SUPPORT

Hot-line/ Help Center (For Vietnam only)

Viet Nam Ministry of Health provide list of 22 hotlines for information and support:



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Bệnh viện Bạch Mai	0969 85 1616
Bệnh viện Nhiệt đới Trung ương	0969 24 1616
Bệnh Viện E	0912 16 8887
Bệnh viện Nhi Trung ương	037 288 4712
Bệnh viện Phổi Trung ương	0967 94 1616
Bệnh viện Việt Nam - Thụy Điển - Ưông Bi	0966 68 1313
Bệnh viện Đa khoa Thái Nguyên	0913 39 4495
Bệnh viện Trung ương Huế	0965 30 1212
Bệnh viện Chợ Rẫy	0969 87 1010
Bệnh viện Đa khoa Trung ương Cần Thơ	0907 73 6736
Bệnh viện Xanh Pôn Hà Nội	0904 13 8502
Bệnh viện Vinmec Hà Nội	0934 47 2768
Bệnh viện Đà Nẵng	0903 58 3881
Bệnh viện Nhiệt đới Saigon	0967 34 1010
Bệnh viện Nhi đồng 1	0913 11 7965
Bệnh viện Nhi đồng 2	0798 42 9841
Bệnh viện Đa khoa tỉnh Đồng Nai	08 1963 4807
Bệnh viện Nhiệt đới Khánh Hòa	0913 46 4257
Bệnh viện tỉnh Khánh Hòa	0965 37 1515
Bệnh viện tỉnh Thái Bình	0989 50 6515
Bệnh viện tỉnh Lạng Sơn	0396 80 2226

Other Available Resources

These information is general information for your reference only thus for detailed information and official publication, please visit WHO/CDC or Ministry of Health in each country to obtain more information or visit the followings:-

Other
Available
Resources

Vietnam
Ministry of
Health

AEGIS
Health
Insurance
Division
Team



The following resources are available with information on COVID-19

[CDC Information on COVID-19](#)

[CDC Travelers' Health: COVID-19 in China](#)

[CDC Health Alert Network Advisory Update and Interim Guidance on Outbreak of 2019](#)

[World Health Organization. COVID-19](#)



https://www.moh.gov.vn/en_US/web/ministry-of-health

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