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### **Coronavirus Infection Update**

Dear Future Care Clients,

Please refer to our prior three updates for complete information.

We have waited several days to assess developments and additional available information. We anticipate issuing the next update February 10 or 11, unless needed sooner.

Current numbers and mortality: Approximately 28,000 cases with 563 deaths – so the overall mortality rate is still about 2%. This may go up or down as reporting increases – the death rate is higher in Wuhan, China area (~4%) where the virus had a chance to spread to older and sicker individuals before recognition and initiation of public health measures. The 2% has been relatively consistent for several weeks now and may actually be lower as patients with very mild disease may not seek medical care or be tested.

US – 11 cases (all reportedly doing well); approximately 200 suspected cases have tested negative and approximately 80 samples from suspicious cases are still in the testing process

The World Health Organization (WHO) has produced an excellent video which provides more extensive analysis than contained in our summary bulletins. We recommend that you view the link at <https://youtu.be/mOV1aBVYKGA>.

The U.S. Center for Disease Control (CDC) is quarantining anyone being flown to the United States from Wuhan for 14 days – meaning that they are very comfortable that this is the outside range for the development of symptoms – the incubation period. It appears that most cases present within 3-7 days and it then takes up to another week for the symptoms to reach their maximum severity. The major concern is the development of pneumonia.

There remains no current vaccine or specific treatment. Medical care is supportive including maintaining hydration and treating respiratory compromise.

Transmission is still believed largely respiratory – likely coming within 6 feet of someone coughing or sneezing. Face masks are good for someone already sick to prevent spread, but unless worn properly and tight are likely not 100% effective against blocking the inhalation of respiratory droplets. An N95 respirator is a better option. We do not see the need for routine use of facemasks in public at this time for protection. Anyone with respiratory illness who must go out in public should wear a mask.

The CDC has developed a testing kit quickly and it is being distributed across the U.S. and internationally. This will expedite the identification and confirmation of any cases.

We do not believe a specific receptor in the body has been identified yet for the virus. This will be important. In SARS, it was deep in the lungs. In MERS there were receptors in the lungs and gastrointestinal tract – so diarrhea was also prominent.

While exact survival time is unknown, it is safe to accept any materials shipped from China as the virus would never survive on a surface that long.

We have not seen any information in the recent cruise ship case yet as to whether the authorities consider contagion was due to respiratory transmission; person to person – such as shaking hands or from contaminated surfaces. This is why regular handwashing is so important. Survival time on surfaces is very unlikely to be more than a few hours.

The coronaviruses have an “envelope” which is very likely destroyed by alcohol, making alcohol-based hand sanitizers effective – as opposed to a virus like norovirus that has no envelope.

Recommendations:

- Avoid travel to China
- Any crew or employees from China should be quarantined for 14 days from the time they leave before they are permitted on a ship
- Crew with any respiratory symptoms should immediately be given a mask and questioned regarding possible exposure and travel history and referred for shoreside evaluation if there is any suspicion for novel coronavirus
- It is very easy to spread respiratory and gastrointestinal illness on ships – all crew with any respiratory illness should be confined/quarantined until they are not coughing or sneezing and have not had any fever or diarrhea for > 24 hours
- Regular handwashing and avoid shaking hands
- Flu vaccine

For additional information please contact [physicians@futurecareinc.com](mailto:physicians@futurecareinc.com). To refer a specific crewmember medical incident please continue to email our Contact Center at <[firstresponse@futurecareinc.com](mailto:firstresponse@futurecareinc.com)> .

Thank you.

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