

Coronavirus Update

March 4, 2020

Background

The Coronavirus (Covid-19) situation continues to evolve both internationally and in New Zealand. This Coronavirus Update should be read in conjunction with previous updates.

The World Health Organization continues to advocate for containment of Covid-19 as a priority for saving lives, while recognising that a one-size fits all approach is not appropriate.

New Zealand currently has two confirmed cases of Covid-19, but no evidence of any local transmission

On March 3rd, the New Zealand government amended its advice regarding travel to different countries, including the addition of Category 1B Countries.

Covid-19 Spread and Symptoms

Covid-19 is spread by droplets from person to person and under ideal conditions, the virus may survive for several days on some surfaces.

The incubation period (the duration between being exposed and developing symptoms) of Covid-19 is uncertain, with estimates varying from 1 to 14 days.

Symptoms include fever (>38 degrees C), cough and breathing difficulty. Less commonly, diarrhoea, vomiting or skin rash may be present.

The majority of cases of Covid-19 are mild and resolve spontaneously, but approximately 20% may progress to severe lung disease requiring hospitalisation. Currently, the death rate appears low (in the order of 1%).

As yet, there is no vaccination available for coronavirus, and there is no coronavirus specific treatment that has been proven to be effective.

New Zealand Travel Status (as of March 4, 2020)

- **Category 1A Countries:** China and Iran

Safetravel New Zealand currently advises New Zealanders not to travel to China and Iran (Category 1A Countries).

People who travel to New Zealand from or via (excluding airport transit) Category 1A countries should self-isolate for 14 days following departure from the Category 1A country and register with Healthline ([0800 358 5453](tel:08003585453)).

- **Category 1B Countries:** Northern Italy (specifically the provinces of Lombardy, Veneto and Emilia-Romagna) and Republic of Korea

There are currently no travel restrictions in place to Category 1B Countries. People who have travelled from or via Category 1B countries (excluding airport transfer) should self-isolate for 14 days following departure from the Category 1B country and register with Healthline ([0800 358 5453](tel:08003585453)).

- **Category Two** countries: Hong Kong, Italy (other than Northern Italy), Japan, Singapore and Thailand

People who have travelled from or via Category Two countries (excluding airport transfer) should be alert for Covid-19 symptoms. They do not have to self-isolate if well. They should self-isolate if they develop any symptoms of concern and ring Healthline ([0800 358 5453](tel:08003585453)) if they develop symptoms within 14 days of departing the Category Two country.

For up to date New Zealand information please see:

- **World Health Organization:** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- **NZ Ministry of Health:** <https://www.health.govt.nz/our-work/diseases-and-conditions/novel-coronavirus-2019-ncov>
<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public>
- **Safetravel NZ:** <https://www.safetravel.govt.nz/news/novel-coronavirus-china-2019-ncov>

Decision Making Process for International Travel During Covid-19

There remain many unknowns regarding the future spread of Covid-19, and its long-term impact on communities.

Important considerations when planning travel over the next few months include:

1. The risk to health of becoming infected with Covid-19
2. The quality and cost of care if unwell in a foreign country
3. The consequences for further travel, training and competition of becoming infected, or potentially being exposed to Covid-19
4. The potential difficulty of attempting to travel from a country in which Covid-19 has been spreading, to another country which is concerned about the potential for travellers from the first country to be the source of infection; even when those travellers themselves are in perfect health.
5. Does current travel insurance cover health and travel issues associated with Covid-19

Please see “HPSNZ Coronavirus Update March 2” [<https://hpsnz.org.nz/about-us/news-media/coronavirus-update/>], for detailed considerations when planning sport related travel.

To further assist NSOs during this period of rapid change and uncertainty relating to Covid-19, the following 4-step framework provides a pragmatic approach to travel related decision making.

1. Information Gathering

During this period, information on as many of the issues raised in the March 2 Update as is possible, should be sought. This will involve numerous team members consulting both internally and externally. Individuals should be identified as responsible for sourcing specific elements of information.

2. Decision Making

It is recommended that decision making process incorporate the sharing of gathered information amongst relevant NSO leadership, performance staff, administrative staff and Medical Directors. Consensus should be sought and where consensus is not reached, further organisational consultation (e.g. with HPSNZ) or gathering of information should be arranged.

3. Consultation

Where significant changes to competition or training locations/scheduling are being considered, consultation with Athletes representatives, and HPSNZ liaison through the appropriate PTL is recommended.

4. Communication

Any proposed change to competition and training may result in a range of responses from athletes and support staff. There should be consideration given to the mode of information delivery, and the opportunity for informed discussion regarding the decision making process.

Frequently Asked Questions

How do I avoid catching the Coronavirus?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathrooms, before eating, and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitiser with at least 60% alcohol. (HPSNZ utilises ‘Zoono’)
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).

What are the symptoms of Coronavirus?

- Symptoms of Coronavirus most frequently include fever, cough, shortness of breath and sore throat, but vomiting and diarrhoea may also be present (see <https://www.healthy.org.nz/> for further symptom details).

What do I do if I think I may have Coronavirus?

- If you have symptoms and may have been in contact with someone with Coronavirus, you should phone Healthline’s dedicated Covid-19 number 0800 358 5453 (+64 9 358 5453 from overseas) or contact your GP by phone.

Should I be wearing a mask?

- The CDC and other world leading health organisations do not recommend wearing a mask either routinely or when traveling – unless you are sick, to reduce the risk of you transmitting the cause of your illness to others.

If I am potentially in contact with someone with Covid-19, can I get tested to avoid needing 14 days of isolation?

- Current recommendations are that irrespective of a negative test for Covid-19, if there remains the potential of exposure, isolation for 14 days remains the requirement.

