



CMAS Medical Commission Information about the Corona virus

March 2020

The outbreak of COVID-19 (Coronavirus, SARS-CoV-2) affects all of us. In most countries you will get specific information about the status quo in your country and how to react. CMAS and the Medical Commission are of course especially interested in the consequences for our divers and sportsmen. The Medical Commission will monitor the development of the viral pandemic and give recommendations for protective measures. CMAS will do all that is necessary to limit or slow down the spreading of the virus. All the decisions of meetings and sport competitions are given to safeguard our people.

All decisions taken will be according to the advices given by the World Health Organisation (WHO), other reliable experts and the local authorities. When information that is particularly interesting to our members is available we will inform all members by way of communication through the CMAS web site.

Medical Commission members:

Pavel Macura, MD

Agustí Ruiz, MD PhD

Prof. Dr Dietrich Paravinci

Anna Räisänen-Sokolowski, MD

John Geurts, MD chairman

What is the Coronavirus SARS-CoV-2?

- The SARS-CoV-2 is a new type of coronavirus that affect people. It was detected for the first time in December of 2019 in the city of Wuhan, in China, and has been spreading to other countries.
- It presents similar clinical symptoms as the flu, and 80% of the cases are mild or moderate. The more serious cases generally affect adult people or people that suffers from other pathologies.

How does it transmit?

- It transmits predominately by way of respiratory drops and by direct contact with affected people.
- Transmission through the air at distances greater than 2 metres seems unlikely.
- It has a period of incubation between 2 and 14 days.

What are the symptoms?

- Fever
- Coughing
- Shortness of breath
- General Unrest



How can we prevent transmission?

Measures to prevent the spreading the coronavirus SARS-CoV-2

General Measures

- It is necessary to wash the hands often.
- It is necessary to cover the mouth and the nose with disposable handkerchiefs or move to the internal side of the elbow when coughing or sneezing and wash your hands immediately afterwards.
- You have to maintain a distance between persons of 1 to 2 metres.
- Refrain from contact with persons that have symptoms of respiratory infection.
- You have to avoid sharing food and household items without properly cleaning them.
- After handling objects, especially at public places, it is necessary not to touch the mouth, the nose and the eyes without having washed your hands first.
- Crowds and closed spaces with large numbers of people must be avoided.
- It is necessary to protect elderly people and the persons with chronic sicknesses and avoid visiting them at their places of residence.
- It is not necessary to use masks in the public places, only when it has been appointed as a sanitary measure.
- You should avoid traveling, if it is not necessary.
- It is recommended that everybody that have respiratory symptoms and/or fever remain at home, without attending the workplace, and limit their social activity.
- It is necessary to make responsible use of the health care system and only attend the medical centres when it is urgently necessary.

Federations

- Recommendation to postpone or suspend all international sports competitions and events, and those of special relevance planned to be held according to each country.
- Recommendation, in many countries already, to close all sports facilities, both public and private.
- These measures are all subject to revision in accordance with the epidemiological situation in each country. It is meant to minimize the movements and concentrations of citizens in their daily lives and focus on the general protection of the population and especially, from the most vulnerable social groups.
- We repeat the importance that sports facilities and equipment comply with the recommendations for hygiene, capacity and safe distance between people which the authorities are advising to avoid spread of infection and inform users of them.

If you think that you are affected by the coronavirus SARS-CoV-2, contact the medical authorities of your country where they will inform you of what actions to take.

The CMAS Medical Commission wishes to thank all our divers and athletes for the understanding, social responsibility and collaboration that they are demonstrating in the fulfilment of these measures.

The CMAS Medical Commission

March 2020