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DAILY UPDATE ON GLOBAL AND NATIONAL DEVELOPMENTS ON COVID-19

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Update on Epidemiology (Incidence, mortality, recovery & epidemiologic parameters)

Global

- As of April 01, 6:30 GMT, the pandemic had affected more than 202 countries causing 859,825 confirmed cases, 42,341 (19%) deaths. 160,140 (18.6%) have recovered.
- Out of the total patients with active COVID-19, 606,311 (95%) had mild to moderate symptoms while 35,838 (5%) had serious/ critical symptoms.
- The United States of America reported the highest number of cases (188,592), followed by Italy (105,792), Spain (95, 923) and China (82,294). The other most affected countries include Germany, France, Iran, United Kingdom and Switzerland.

Africa

- According to CDC Africa March 31 report, a total of 48 countries are affected reporting 5,413 confirmed cases, 172 (30.8%) deaths, and 387 (7.1%) recoveries in the continent.
- South Africa remains the first leading country with a total of 1,353 cases followed by Egypt and Algeria which reported 656 and 574 cases respectively.
- 70 % of the total deaths were reported from Egypt (41), Algeria (35), Morocco (33) and Burkina Faso (12).

Ethiopia

- Based on Ethiopian Public Health Institute report, four additional cases have been confirmed making the total number of 26 cases, 0 deaths and 2 total recovery.
- So far, cases were reported from Addis Ababa (20 cases), Adama (3 cases), Bahir Dar (2 cases) and Dire Dawa (1 case).
- Currently, there are 20 mild cases and 2 serious/ critical cases who are under medical treatment and two cases transferred back to their home country.

Update on Diagnosis

- According to FIND diagnostics, as of 1st April 2020 [1:00pm, East African time], there are 172 commercialized COVID-19 tests and 36 tests under development [Bibliography [1 April 2020]].
- In Senegal, validation trials on a COVID-19 diagnostic test that can be done at home and produce results in as little as 10 minutes has begun. If the validation testing meets the standards, there is a plan to manufacture the tests in Senegal and the United Kingdom. There is an indication the tests could be made available across Africa as early as June [Bibliography [1 April 2020]].

Update on Treatment

Clinical Trials of Treatment in Africa

- Two clinical trials are registered from Egypt. One study aims to evaluate the efficacy of Natural Honey Treatment in Patients and the other study assesses the impact of Social Media on Knowledge Dissemination During COVID-19 Virus Outbreak [Bibliography [1 April 2020]].
- *Efficacy of Natural Honey Treatment in Patients with Novel Coronavirus* [Bibliography [1 April 2020]]:

- Patients will be randomly assigned to two groups; Natural honey group will include patients receiving standard care and added intervention in the form of natural honey in a dose of 1gm/kg/day (previously used safely in small studies) divided into 2 to 3 doses for continuous 14 days. The other arm is the arm receiving the standard care according to the center protocol.
- Primary outcome is days to recovery using the parameters: turning from positive to negative swabs, days from fever to no fever and lung inflammation recovery on x ray or CT.
- Secondary outcome is the 30 days mortality rate.
 - The study started on 25th March 2020 and it will end on 25th April 2020.
 - To date, the trial has not started recruiting patients to the trial.
- Social Media Effect on Knowledge Dissemination During COVID-19 Virus Outbreak [Bibliography [1 April 2020]]:
 - It is a survey on physicians to study the effect and practice of received knowledge disseminated through social media.

Update on Vaccine

- WHO has put out 44 vaccines that are on clinical trial. All except two are in preclinical trial stage.
- Currently talks are underway to ensure high income countries do not monopolize the global supply of COVID 19 Vaccine. This risk is real as it has been reflected during the 2009 influenza A/H1N1 pandemic. The developed countries negotiated large advance orders for the vaccine, crowding out the developing countries. Such an outcome would result in a suboptimal allocation of an initially scarce resource.

Update on Personal protective equipment

Face mask use

- The director-general of the Chinese CDC stated, in his opinion, the big mistake in the U.S. and Europe, is that people are not wearing masks. He indicated that if people are wearing masks, it can prevent droplets which play an important role in transmitting the virus, from escaping and infecting others [Bibliography [1 April 2020]].
- Currently the use of face mask by the general public is not recommended by WHO and CDC since it would cause unnecessary cost and also creates a false sense of security when there is no evidence showing the effectiveness of face mask use in the case of COVID-19. Despite this recommendation, in an effort to reduce the spread of the virus, CDC is reportedly developing a new guidance on the use of mask by the general public. It is expected that the guide will clarify that the general public should not use medical masks, including surgical and N95 masks, which are currently in short supply and needed by health care workers. Instead, CDC is considering recommending the use of self-made cloth coverings in an effort to “flatten the curve”. The director of the Johns Hopkins Center for Health Security reportedly suggested that CDC should urge people to use nonmedical masks or face coverings.
- Countries in Europe like Austria, Czech Republic and Slovakia have made use of masks mandatory when people are out shopping. One municipality in East German has also made use of mask mandatory. Earlier this week, the head of the German association of supermarkets appealed to shoppers to wear masks, or some form of mouth and nose protection, for the safety of workers. The premier of Baden- Württemberg, which is one of

the worst-hit states in Germany, supports the idea of home-sewn masks, and stated he will raise the subject at a meeting of state leaders with Angela Merkel on 1st April 2020. In Germany, people are making masks at home, using instructions from the internet. Costume makers have also started making medically approved masks for doctors and nurses. It was also reported some hospitals have issued local appeals for donations of cotton masks that can be washed at 90C. Some designers have taken up the challenge and are making masks with catchy patterns and designs.

- African countries like in Liberia; the youth are finding creative ways to fight the COVID-19 pandemic among local population. One of them being creating protective masks from African prints [Bibliography [1 April 2020]].

Update on Psychosocial wellbeing

Mitigating the psychosocial impacts of the pandemic on health professionals

Protecting your mental health during this time is very important. It is essential to fulfil your roles as health professional and care for yourself as well as family.

Simple activities can make a difference

Take care of your body: by

- Staying hydrated
 - Eating a balanced diet
 - Getting enough sleep
- Stay clean: look after your personal hygiene
 - Exercise
 - Minimize maladaptive coping strategies (see above recommendation for health professionals b)
 - Seek information from reliable sources
 - Improve communication (both works related and personal); by staying connected and maintaining your social networks
 - Set aside time for relaxation or spiritual practices

Reference list

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4. SARS-COV-2 DIAGNOSTIC PIPELINE [<https://www.finddx.org/covid-19/pipeline/?avance=all&type=all&status=all§ion=molecular-assays>]
5. Senegal: 10-minute coronavirus test may be on its way - for \$1 [<https://www.aljazeera.com/news/2020/03/senegal-10-minute-coronavirus-test-1-200327053901231.html>]
6. Not wearing masks to protect against coronavirus is a ‘big mistake,’ top Chinese scientist says [<https://www.sciencemag.org/news/2020/03/not-wearing-masks-protect-against-coronavirusbig->

[mistake-top-chinese-scientist-says\]](#)

7. Achenbach J, Sun LH, McGinley L: CDC considering recommending general public wear face coverings in public. **In: *The Washington Post*. 2020.**

8. Connolly K: Calls grow for Germany-wide use of face masks. **In: *The Guardian*. 2020.**

9. COVID-19: Liberian youth make masks from African prints

[\[https://www.africanews.com/2020/03/24/covid-19-liberian-youth-make-masks-from-africanprints/\]](https://www.africanews.com/2020/03/24/covid-19-liberian-youth-make-masks-from-africanprints/)

Additional references

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5. Ethiopian Public Health Institute CoronaVirus Update;
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