

## **Action Plan for suspected cases**

**Douvitsas Nikolaos**  
**0030-6974993866**

COVID-19 is the infectious disease caused by a new coronavirus SARS-CoV-2. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

### **How is COVID-19 transmitted?**

COVID-19 can spread from person to person through small droplets from the nose or mouth when a person with COVID-19 is coughing or sneezing and through contaminated objects and surfaces around the person. People can catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.

### **How long is the incubation of COVID-19?**

The incubation period for COVID-19 ranges from 1-14 days, most commonly around five days. These estimates will be updated as more data become available.

### **What are the symptoms of COVID-19?**

The most common symptoms of COVID-19 include fever and cough. Other symptoms include aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people may be asymptomatic. Approximately 80% of people recover from the disease without special treatment. Around 1 out of every 6 people with COVID-19 develop severe disease. Elderly, and people with underlying medical problems such as high blood pressure, heart problems or diabetes, are more likely to develop serious illness.

### **What protective measures are recommended for COVID-19?**

- Regularly and thoroughly washing hands with soap and water or cleaning hands with an alcohol-based hand rub or wash.
- Maintaining at least 1 meter (3 feet) distance between anyone who is coughing or sneezing.
- Avoiding touching eyes, nose and mouth.
- Covering mouth and nose with bent elbow or tissue when coughing or sneezing and immediately disposing of the used tissue.
- Staying home when feeling ill. When symptoms such as fever, cough and difficulty breathing develop medical attention should be sought after calling and reporting the symptoms.
- Staying aware about the latest COVID-19 situation.
- The guidelines of the local national public health authority should be followed.

## **What is the definition of close contact?**

[Close contact of a probable or confirmed case is defined as:](#)

- A person living in the same household as a COVID-19 case;
- A person having had direct physical contact with a COVID-19 case (e.g. shaking hands);
- A person having unprotected direct contact with infectious secretions of a COVID-19 case (e.g. being coughed on, touching used paper tissues with a bare hand);
- A person having had face-to-face contact with a COVID-19 case within 2 metres and > 15 minutes;
- A person who was in a closed environment (e.g. classroom, meeting room, hospital waiting room, etc.) with a COVID-19 case for 15 minutes or more and at a distance of less than 2 metres;
- A healthcare worker (HCW) or other person providing direct care for a COVID-19 case, or laboratory workers handling specimens from a COVID-19 case without recommended personal protective equipment (PPE) or with a possible breach of PPE;
- A contact in an aircraft sitting within two seats (in any direction) of the COVID-19 case, travel companions or persons providing care, and crew members serving in the section of the aircraft where the index case was seated (if severity of symptoms or movement of the case indicate more extensive exposure, passengers seated in the entire section or all passengers on the aircraft may be considered close contacts).

The epidemiological link to a probable or confirmed case may have occurred within a 14-day period before the onset of illness in the suspected case under consideration.

## **Early diagnosis and case management**

1. People in quarantine should monitor their health including body temperature measurement twice daily and report any fever and respiratory symptoms and signs. People with underlying conditions should be monitored for the course of their underlying problems also.
2. Temperature measurements and manifestation of symptoms should be reported by telephone to a person at the reception who will record the results of the monitoring twice daily: in the morning at 10:00 and in the afternoon at 18:00. However, symptoms occurring in the interim, should be reported and medical attention should be sought in accordance with the National Public Health Organization's (EODY) guidelines.
3. Any person in quarantine who develops fever or respiratory symptoms, at any point during the quarantine period, should be treated as a suspected COVID-19 case.
4. It is advisable, if feasible, to examine clinical specimens at the end of quarantine regardless of whether or not they developed symptoms.

## Suspected COVID-19 case management

If a visitor or hotel employee shows symptoms compatible with COVID-19 infection, the following applies:

1. If the patient is in urgent need of hospitalization, presents with a severe clinical picture, he is referred to the relevant health unit, as a suspected case of COVID-19. If it is not possible to manage a COVID-19 case from the health infrastructure of the area, there must be a provision for transporting the patient (EKAB, floating ambulance, air transport) to the nearest health unit where he can manage it.
2. If the patient has a mild clinical picture, a sample for laboratory confirmation of COVID is obtained from the physician.
3. If the incident is assessed as possible COVID-19 by the examining doctor, the health manager of the hotel **Douvitsas Nikolaos** communicates IMMEDIATELY with EODY at **210 5212054 or the special four-digit number 1135** (24 hours a day), for his statement.
4. The patient with a mild clinical picture remains in his room until the results of the laboratory test are announced.
5. During the above wait, the entry of staff into the patient's room is avoided, if there is no significant reason. If necessary, a staff member of the accommodation will deal exclusively with the possible case.
6. The doctor and staff of the hotel entering the suspect's room in the later confirmed case will use high-protection personal protective equipment (MAP) (masks, glasses, waterproof disposable robes). The same applies to staff cleaning the COVID-19 patient room.
7. If confirmed as a case of COVID, it is transferred to the special quarantine hotel and later to a health facility that will accommodate patients with COVID-19 if they need treatment. If not confirmed as a COVID-19 case, it is treated at the hotel with the instructions of the attending physician.
8. The patient is transported by MAP by private transport.
9. If there is a companion of the patient who wishes to stay close to him to care for him (eg wife), he should be given a simple surgical mask and advised to wash his hands every time he comes in contact with secretions of the patient (eg saliva) and definitely before the attendant touches his face or eats or drinks.
10. The contact details of the patient's relative will always be recorded in case consent is required for interventions where the patient cannot communicate.
11. Used protective equipment (simple disposable surgical mask, gloves) will be discarded in a bucket and in no case will it be reused.
12. After disposing of the protective equipment, the hands will be thoroughly washed with soap and water. It is emphasized that the use of gloves does not replace hand washing, which is a very important means of prevention.
13. Cleaning and disinfection of the room and other common areas according to the instructions of EODY: <https://eody.gov.gr/wp-content/uploads/2020/05/covid19-apolimansi-14-05-20.pdf>.

## **Management of close COVID-19 impact contacts**

### **If a hotel visitor or employee is rated as close contact with a confirmed COVID-19 case:**

- Isolation according to JMC No. 1881 / 29.5.2020 Government Gazette 2084 / B / 30-5-2020.
- Feeding in the room and the isolated person not to use the common areas of the hotel.
- Hotel staff should avoid entering the room if there is no significant reason.
- Upon entering the room, the use of a simple surgical mask and gloves is recommended.
- When leaving the room, the used gloves and mask are discarded and hand hygiene follows.
- It is recommended that care be taken so that a limited number of staff can come in contact with the person in quarantine as much as possible.

## **Travel insurance**

Travelers are strongly recommended to travel insurance coverage including COVID-19 management (medical examination, laboratory diagnosis, hospitalization and transportation costs in a healthcare facility, coverage for extended stay due to quarantine) or isolation and rehab.