

Appendix A - Measures to prevent transmission of Corona virus during Exercise CR20

1. Identification of a “suspected infected person”.

This applies to a person with both clinical symptoms AND possible previous contact with an infected individual.

The Norwegian Institute of Public Health (www.fhi.no) have defined the major clinical symptoms for a “suspected infected person” as: flu-like symptoms with fever, cough and shortness of breath (SOB).

In addition to suspect infection, the individual must have been in contact, direct or indirect, with another person who have been confirmed infected with coronavirus, **or** the individual have a history of travelling in an area (country) with widespread transmission during the last 14 days. The areas of widespread transmission are displayed at www.fhi.no

The unit must also map all the personnel that the individual have been in close contact with, and thus facilitate the isolation of both the suspected infected individual and the contacts to prevent further transmission.

2. Isolation of a «suspected infected person».

An individual with suspected infection shall immediately be isolated by and tested for coronavirus infection. Isolation and testing is a matter for the soldiers own unit, or another unit as part of the SOP. Isolation means that the person is kept separated from other personnel, including separate sleeping and ablution facilities. The person should be isolated until she/he is no longer suspected to be infected, or no longer a possible transmitter of the disease.

Remember that being isolated is psychologically challenging. Provide the necessary welfare for the person isolated.

3. Isolation of a “close contact” of a «suspected infected person»

In case of a «suspected infected person», the unit is responsible for identifying all close contacts and the isolating of these contacts until the status of the suspected infected person is clarified. If there are several close contacts in the same unit, these can be located in the same room, and with a separate ablution to the rest of the unit.

4. Notification/documentation

All suspected infections with coronavirus shall immediately be reported in the Chain Of Command to NJHQ JOC/MED CC (phone number +47 75 53 63 53), to local Medical Treatment Facility/Role 1, and to Duty Off at the Norwegian Armed Forces Joint Medical Services (NAFJMS) at +47 48010652.

Medical professionals shall notify the local municipal medical doctor who will notify the Norwegian Institute of Public Health (+47 21076348).

All medical personnel shall report their medical actions to PHF to be recorded in the Norwegian Medical Patient File System for national surveillance.

5. Protection of own personnel.

Contact with a suspected infected person/close contacts shall be limited as much as possible. The reason is to limit possible transmission and reduced the use of consumables (a limited resource in this situation). The Corona virus is transmitted like the seasonal flu, and the isolation facilities should be accordingly (droplet). Medical personnel in direct contact with the patient shall use Personal Protective Equipment (PPE) according to SOP.

6. **Testing.**

Any case of suspected corona-virus transmission shall be reported and discussed with the local chief municipality doctor. It is the chief municipality doctor who decide whether to test or not according to updated guidelines from FHI (laboratory testing will become a limited resource). Only patients meeting the criteria (see 1.) will be tested. The testing will be conducted using PPE, and the patient shall use a face mask to minimize potential transmission.