

DATE: 03.FEB.2020

MATTER: 2019 novel coronavirus (2019-nCoV)

Instruction for Players and Coaches

Dear ITTF family members!

The ITTF is very carefully following development of coronavirus. Coronaviruses (CoV) are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). Most coronaviruses are not dangerous. Some types of coronaviruses are serious, though.

A newly identified type, called the 2019 novel coronavirus (2019-nCoV), has caused a recent outbreak of respiratory illness that started in China. China is the absolute exclusive epicenter of this epidemic. Wuhan, where it all began, is closed in quarantine, but was initially connected to all the corners of the world and the virus carriers were able to travel anywhere.

As of February 1, this virus has spread in 25 countries. So, all the players who participate in international events have to pay attention to the prevention.

What is the mode of transmission?

It seems that there are two types of transmission.

(1) Droplet infection

2019-nCoV infection is transmitted by the infectious droplets which spread in the air by sneezes or cough. If healthy people inhale the infectious droplets, they will have a risk getting ill.

* The high risk environment: the place in which many persons gather, such as a school, a theatre, a packed bus/train/airplane.

(2) Contact infection

2019-nCoV is also transmitted by indirect contact. When an infected person does sneeze or cough, he usually covers his mouth by hand. After that, if he touches objects by his hand, the virus will be attached to them. The virus remains there for some hours.

If healthy people touch these objects, the virus adheres to their hand. If they touch their eyes, mouth and nose by their hand, the virus is transferred into their body through the membrane.

* The major infection root: the hand strap of a train or a bus, a doorknob, a switch, etc.

How to avoid transmission.

The usual precautions against infectious disease, such as "washing a hand" or "wearing a mask", are important. Please enforce them actively without being superfluously worried.

(1) Washing your hands

It is most important. By touching various things, such as a doorknob and a strap of a train, there is a possibility that the virus has adhered to your hand. You should wash your hand just after coming home, before, during and after cooking, before a meal, etc.

(2) Daily health care administration

You should always keep the well-balanced meal and enough sleep in mind, and should keep your immunity.

(3) Maintenance of moderate humidity.

Dry air will reduce the defence function of your throat. Indoors, you should maintain appropriate humidity (50 to 60%) using a humidifier etc.

(4) Wearing of a mask

Wearing of a mask has a high effect which prevents scattering of the virus by a cough or a sneeze. The people with these symptoms should wear a mask actively.

On the other hand, although wearing a mask preventively has some effect for the healthy people in the crowded space, it is not so effective in the other place such as outdoors. It is more effective to wash your hands frequently.

The precautions on the participation in international events

(1) When you have symptoms, such as fever or a cough, please consult with your National Federation before the departure. It may be good to cancel participation according to your symptoms. There is a possibility that you will be involved in a trouble at the time of entrance to the host country.

(2) It might be better to bring a mask, a gargle, and hand-washing disinfectants.

(3) You should refrain from going out personally except for a venue and a hotel during the event.

(4) When symptoms, such as fever and a cough appear, you have to consult with the local organizing committee immediately.

Please visit website of WHO, ECDC and CDC for more information:

WHO

Novel-Coronavirus

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

ECDC (European Centre for Disease Prevention and Control)

Q&A <https://www.ecdc.europa.eu/en/novel-coronavirus-china/questions-answers>

CDC (Center for Disease Control and Prevention)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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