

NEWSLETTER

CORONAVIRUS



The capricious outbreak coronavirus disease 2019 was first recognized in patients with respiratory diseases in Wuhan, Hubei, China. The name SARS-COV 2 due it is genetically and structurally resemblances with severe accurate respiratory syndrome coronavirus.

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome and Severe Acute Respiratory Syndrome. A novel coronavirus is a new stain that has not been previously identified in humans.

INTRODUCTION

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs.



CORONAVIRUS

CORONAVIRUS: NOW IT'S GETTING SERIOUS

More than 80% of patients have mild disease and will recover. In about 14% of cases, the virus causes severe disease, including pneumonia and shortness of breath. And about 5% of patients have critical disease including respiratory failure, septic shock and multi-organ failure.



India on Thursday registered a total of 35,551 new Coronavirus infections, taking the caseload past 95 lakh. Further, 526 new deaths were recorded within 24 hours. The death toll now stands at 1,38,648. The total number of people who have recuperated from the disease surged to 89.73 lakh pushing the national recovery rate to 94.11 per cent, according to the Union Health Ministry data updated on

1. NATO MP COE Resilience
2. MP Lessons Learned Research
3. NATO Lessons Learned Portal
4. Research Fields
5. First Outcomes of the Research
6. CMDR COE On-Line Conference 2020
7. ACO/ SHAPE Provost Marshal's View
8. MP on the Ground
- Tactical Level Perception
9. Way Ahead & Challenges

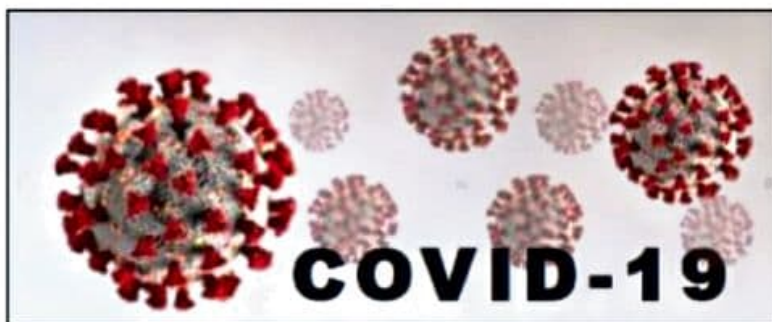
Military Police Lessons Learned research regarding COVID-19 pandemic

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As of 25 May 2020, there are more than 5.4 million cases of COVID-19 across 188 countries and territories, resulting in more than 344.000 deaths.

[source: COVID-19 Dashboard by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)]

The above-mentioned statistics prove that the pandemic is present in almost every part of the world. There is no doubt that the crisis situation has already forced us to introduce changes in our life, our work and obviously it has greatly impacted our health. It also influences military environment, including Military Police (MP) and Gendarmerie type forces (GTF).



NATO MP COE RESILIENCE

In order to adapt the NATO Military Police Centre of Excellence (NATO MP COE) to the new security environment dictated by the COVID-19 outbreak, safety and health procedures have been established as the first key. It means that increased precautionary measures, such as disinfection, social distancing, limited access to the military compound and some others have been prioritised.

What is more, the NATO MP COE has taken additional actions to become resilient to the crisis in terms of following both its mission and vision.

MISSION

The NATO Military Police Centre of Excellence enhances the capabilities of NATO MP, fosters interoperability, and provides subject matter expertise on MP activities in accordance with the Alliance's strategic concept.

VISION

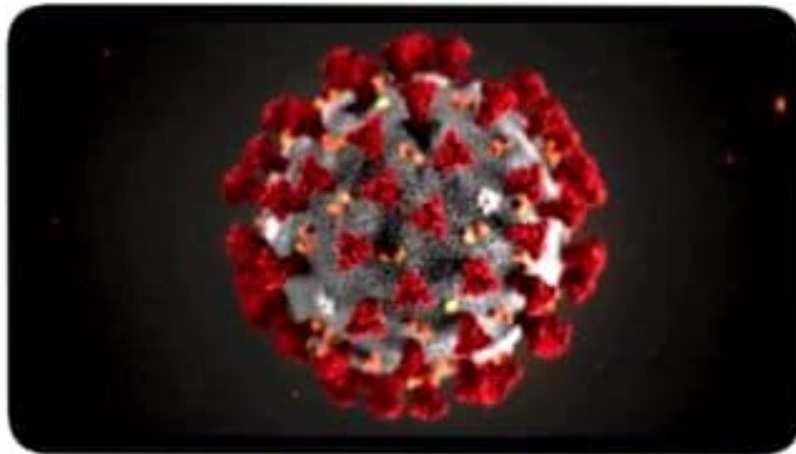
As a Military Police (MP) think tank and the motor for innovation, we build bridges between nations, organisations and institutions for further evolution of MP standards and capabilities to support co-operation and interoperability of NATO and partners.



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**Maharashtra accounts for most number of active covid-19 cases, deaths in country:
Health ministry**

Maharashtra accounts for the highest number of both 8662 active Covid-19 cases and 47472 fatalities in the country, according to the latest Union health ministry data.



618 more test Covid-19 positive in Uttarakhand

Uttarakhand's Covid-19 tally rose to 76893 with the detection of 618 fresh cases, while 10 more deaths due to the disease push the toll to 1,237..



Are you immune to Covid you get it once?

Research is still ongoing into how strong that protection is and how long it last. WHO is also looking into whether the strenght and immune response depend on the type of infections

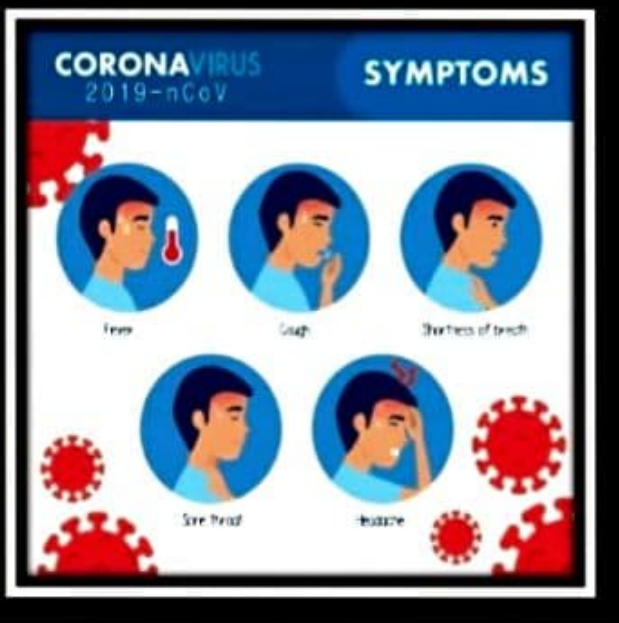
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COVID-19 SYMPTOMS

fever , sore throat , dry cough
, blocked nose, loss of smell
and taste.

pain in abdomen and
diarrhoea also likely.



Clot formation can occur not
just in lungs but also in the
arteries of the heart and brain .

COMMON COLD SYMPTOMS

Stuffy or runny nose, sneezing
and sometimes fever and chest
congestion.

Symptoms may appear 2-14
days after exposure . if you have been in china within the
past 2 weeks and develop symptoms, call your doctor.

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CORONAVIRUS

WHAT KIND OF MASK?

Fabric masks and N95 masks are recommended to prevent onward transmission in the general population in public areas, particularly where distancing is not possible, and in areas of community transmission. This could include the school grounds in some situations. Masks may help to protect others, because wearers may be infected before symptoms of illness appear. The policy on wearing a mask or face covering should be in line with national or local guidelines. Where used, masks should be worn, cared for and disposed of properly.



There is currently no evidence that people can catch COVID-19 from food. The virus that causes COVID-19 can be killed at temperatures similar to that of other known viruses and bacteria found in food.

Precautions

Avoid the 3Cs spaces that are closed, crowded or involve close contact.

Outbreaks have been reported in restaurants, choir practices, fitness classes, nightclubs, offices and places of worship where people have gathered, often in crowded indoor settings where they talk loudly, shout, breathe heavily or sing.

The risks of getting COVID-19 are higher in crowded and inadequately ventilated spaces where infected people spend long periods of time together in close proximity. These environments are where the virus appears to spread by respiratory droplets or aerosols more efficiently, so taking precautions is even more important.

Meet people outside. Outdoor gatherings are safer than indoor ones, particularly if indoor spaces are small and without outdoor air coming in.

For more information on how to hold events like family gatherings, children's football games and family occasions, read our Q&A on small public gatherings.

Avoid crowded or indoor settings but if you can't, then take precautions.

Open a window. Increase the amount of 'natural ventilation' when indoors.

WHO has published Q&As on ventilation and air conditioning for both the general public and people who manage public spaces and buildings.

STAY
SAFE
STAY
HOME

COVID-19 PRECAUTIONS



Mandatory Mask
Wearing at all times



Temperature Check



Sanitization Upon Entry



Physical Distancing in Effect
& Reduced Capacity



Enhanced Cleaning Procedures