The daily evidence digest collates recently released reports and evidence – provision of these links does not imply endorsement nor recommendation.

Views from oncologists, masks, wellbeing, exit strategies

Peer reviewed journals feature:

- Insights and perspectives from Italian oncologists here
- A BMJ summary of NICE guidelines on managing COVID-19 symptoms (including at the end of life) in the community here
- A description of different approaches to help improve doctors' wellbeing, also in the BMJ here

A pre-peer review article suggests the benefits of breastfeeding (with appropriate precautions) outweigh the risk of infection from mothers with COVID-19 here

The Centre for Evidence-Based Medicine released:

- A review which found no evidence-based scoring systems to predict outcomes for COVID-19 patients here
- An editorial on the use of masks here
- An account of the percentage of NHS healthcare workers infected with COVID-19 here

New or updated guidance focuses on:

- Paediatric care, from the CDC here
- Secondary prevention and cardiac rehabilitation for atherosclerotic cardiovascular disease during the COVID-19 pandemic, from the Cardiac Society of Australia and New Zealand here
- Policy approaches to exiting social distancing, from the Tony Blair Institute for Global Change (Figures 1 and 2) here
- Wellbeing, with a Resource Library from the UK Intensive Care Society here

The World Health Organisation has released advice on communications management in the pandemic here
Twitter activity focused on

- concerns about an association between ethnicity and outcomes in COVID-19 [here](#)
- asymptomatic #COVID19 infection rates by @EricTopol. [here](#)
- new pandemic pregnancy guide brings ObGyn and family medicine together [here](#)
- Sustainable exit strategies from The Science Museum Group [here](#) from @trishgreenhalgh

Figures 1 and 2: Excerpts from *Sustainable exit strategies from COVID-19*

### Strategies so far

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### European timelines for easing suppression

**First infection peak**

- **Austria**
  - 26 Mar: 13k cases
  - 7 Apr: 390 cases

- **Denmark**
  - 27 Mar: 6.9k cases
  - 15 Apr: Day care and schools reopen

- **Germany**
  - 3 Apr: 23k cases
  - 2 Apr: 50k tests per day
  - 20 Apr: Shops of 800m² reopen

- **France**
  - 26 Mar: 8k cases
  - 21 Mar: 6k cases

- **Spain**
  - 14 Apr: Manufacturing, construction, some shops reopen
  - 14 Apr: Forestry/forest production restart; some shops reopen; Veneto relaxes social distancing; Lombardy in full lockdown

- **Italy**
  - 21 Mar: 6k cases
  - 26 Mar: 6k cases

**Containment**

- **1 May**: All shops reopen, only one person per 20m²
- **Mid May**: Schools reopen for students near exams
- **11 May**: Schools, some businesses to open; masks and tests available
- **10 May**: Lockdown ends
- **3 May**: Lockdown ends

**Facemasks are mandatory; size of social gatherings still limited**

- **Gatherings of more than ten still banned**
- **Post-lockdown masks will be available to all, testing capacity raised; app in development but delayed**
- **Facemasks given out on public transport, cycling/walking encouraged**

Source: Mulheirn et al, 2020