



## 2019 Novel (New) Coronavirus Information

Current Situation (Updated 2.28.2020)

The U.S. Center for Disease Control (CDC) is responding to an outbreak of respiratory disease caused by a novel (new) coronavirus that was first detected in Wuhan City, Hubei Province, China and which has now been detected in 37 locations internationally, including cases in the United States. The virus has been named “SARS-CoV-2” and the disease it causes has been named “coronavirus disease 2019” (abbreviated “COVID-19”).

### **What is A Coronavirus?**

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. Coronaviruses are named for the crown-like spikes on their surface. Human coronaviruses were first identified in the mid-1960s. Symptoms of coronaviruses are frequently like those of a cold or flu.

### **How is The Virus Transmitted?**

Human coronaviruses most commonly spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching, kissing or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

### **Risk Assessment**

Outbreaks of novel virus infections among people are always of public health concern. The risk from these outbreaks depends on characteristics of the virus, including how well it spreads between people, the severity of resulting illness, and the medical or other measures available to control the impact of the virus.

For the general American public, who are unlikely to be exposed to this virus at this time, the immediate health risk from COVID-19 is considered low. But individual risk is dependent on exposure and existing health conditions. You can learn more about the coronavirus at the CDC website: [CDC Coronavirus](https://www.cdc.gov/coronavirus/).

### **Symptoms**

Patients with confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms of:

- Runny Nose
- Sore Throat
- Possible Headache
- Possible Fever
- Shortness of Breath

CDC currently believes that symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 days after exposure. Note, we are also currently in cold and flu season and they have similar symptoms. It is a timely reminder to annually get your flu shot! Reports from overseas reflect that most people infected with the coronavirus (over 80%) have mild symptoms.

## **How to Protect Yourself**

You may be able to reduce your risk of infection by doing the following:

- Wash your hands often with soap and water for at least 20 seconds
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- Avoid close contact with people who are sick



For more information related to proper hand washing practices, please refer to this [link](#) from the CDC.

If you are considering international travel, please check the CDC website for current travel information and recommendations: [CDC Travelers](#)

## **How to Protect Others**

If you have flu or cold-like symptoms, you can help protect others by doing the following:

- Stay home while you are sick\*
- Avoid close contact with others
- Cover your entire mouth and nose when you cough or sneeze. Don't use your hands. Use either your bent elbow or a tissue that you throw away immediately afterward (and then wash your hands or use liquid hand sanitizer)
- Follow CDC's recommendations for using a facemask:
  - CDC does NOT recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

\* The CDC recommends that sick individuals should not return to work until their temperature has stayed below 100.4 degrees Fahrenheit (37.8 degrees Celsius) for at least 24 hours, without the help of fever-reducing or other symptom-altering medicine. Of course, always follow the advice of your personal medical professional.