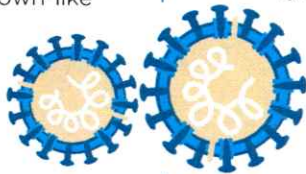


2019 Novel Coronavirus (2019-nCoV)



Q. What are coronaviruses?

A: Coronaviruses are respiratory viruses named for the crown-like spikes on the surface of the virus. These range from viruses that cause the common cold, to severe acute respiratory syndrome (SARS) and the Middle East Respiratory Syndrome (MERS). The latest coronavirus from China is called the 2019 Novel Coronavirus (2019-nCoV). This new coronavirus is different from the others and we are learning more about it every day.



and shortness of breath. Call your healthcare provider if you have these symptoms and have recently travelled to China, or if you have these symptoms and have been in close personal contact with someone who has been sick with novel coronavirus.

Unless your symptoms are severe, call your healthcare provider first, rather than showing up in the office or Emergency Room. When you call or visit, be sure to note your symptoms, and travel history or exposure to a person diagnosed with the virus.

Q. How do you get infected with the novel coronavirus?

A: Novel coronavirus is spread by close person-to-person contact from droplets from a cough or sneeze, which can get into your mouth, nose, or lungs. Close contact is defined as being within approximately 6 feet of another person. There aren't many cases in the U.S., so the risk of contracting the novel coronavirus is low.

Q. How do I know if I have novel coronavirus?

A: The CDC is making available a test specifically to determine whether patients have coronavirus. General testing by your healthcare provider will not identify the novel strain. Symptoms of novel coronavirus may appear in as few as 2 days, or in as many as 14 days after exposure. Symptoms can include: fever, cough,

Q. If I get the novel coronavirus will I die?

A: Not likely, based on what we know now. The people most likely to get seriously ill from this virus are people over 60 and those with pre-existing health conditions. Currently it is estimated that for every 100 cases of 2019-nCoV, between 2 and 4 people would die. This is very different from severe acute respiratory syndrome (SARS), where nearly 10 in 100 sick people died from the illness.

Q. I see people in China wearing masks, should I be doing that?

A: No. Health officials in the U.S. do not recommend the use of masks among the general public because risk of infection is low and limited to close contacts (e.g., husband and wife). People in China, where spread is more likely, have been instructed to wear masks to prevent infecting

others and to possibly prevent getting ill from close contact in crowded public spaces where someone with novel coronavirus may cough or sneeze directly on them.

Q. What can I do to prevent getting sick from novel coronavirus?

A: You are at a greater risk of getting seriously ill from the influenza virus than the novel coronavirus. Get a flu shot if you haven't already.

The following tips will help to prevent novel coronavirus as well as other respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth, especially with unwashed hands.
- Avoid close contact with people who are showing symptoms of illness.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneezes with a tissue or sneeze into your elbow. Throw the tissue in the garbage and make sure to clean your hands afterwards.
- Stay home when you are sick.



If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

