

NOVEL CORONAVIRUS

WHAT YOU SHOULD KNOW

Novel Coronavirus (COVID-19) is a new virus that causes respiratory illness in people. This virus was first identified in Wuhan, Hubei Province, China.

How is it spread?



Coughing and sneezing



Close contact with people, such as touching or shaking hands



Touching an object or surface that has the virus on it, then touching your mouth, nose or eyes

What are the symptoms?



Fever



Cough



Shortness of breath or difficulty breathing



Severe illness (sickness)

How can I help protect myself?

Wash your hands often with soap and water.

Avoid touching face with unwashed hands.

Avoid close contact with people who are sick.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw it in the trash.

Clean and disinfect frequently touched objects and surfaces.

What should I do if I traveled to a country with widespread sustained transmission of COVID-19?

If you feel sick with fever, cough or have difficulty breathing within 14 days after traveling to a country with widespread transmission of COVID-19, you should:

- Seek medical care. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer if soap and water are not available.