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# Coronavirus Disease 2019 (COVID-19)



## *What You Need to Know*

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### **What is Coronavirus Disease 2019 (COVID-19)?**

Coronavirus Disease 2019, or COVID-19, is a new respiratory virus first identified in Wuhan, Hubei Province, China in December 2019. It is the disease that is causing the 2019 novel coronavirus outbreak.

### **What are the symptoms of COVID-19?**

People diagnosed with COVID-19 have reported mild to severe respiratory illness 2 to 14 days after exposure. Symptoms include:

- fever
- cough
- shortness of breath

### **How is COVID-19 spread?**

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses and respiratory illnesses are spread mainly via respiratory droplets of an infected person, through:

- the air when an infected person coughs or sneezes
- touching a surface or object that has virus on it and then touching your mouth, nose, and/or eyes.

### **Has anyone in the United States gotten infected?**

There has been a limited number of COVID-19 cases confirmed in the United States, mainly from travelers returning to the U.S. from abroad.

### **Am I at risk for COVID-19 infection?**

Currently in the United States, there is a very low risk of COVID-19 infection to the general public. However, this is a rapidly evolving situation and the risk could change.

The risk to individuals is dependent on exposure. At this time, some people have an increased risk of infection, for example healthcare workers caring for COVID-19 patients and other close contacts. For the general American public, who are unlikely to be exposed to this virus, the immediate health risk from COVID-19 is considered low.

### **Can I still travel to countries where COVID-19 cases have occurred?**

The Centers for Disease Control and Prevention (CDC) recommends that travelers avoid all nonessential travel to the People's Republic of China. The US Department of State has issued a Level 4 Travel Advisory asking people not to travel to China due to the COVID-19 outbreak. Travel in and out of China has also been restricted by the Chinese government.

The situation is evolving, and these notices may be updated as more information becomes available. Check CDC at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html> for the most current travel alerts.

### What if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should get medical care immediately. Call your health care provider's office before you go and tell them about your travel and symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out, and delay any travel to reduce the possibility of spreading illness to others.

### Is there a vaccine or treatments?

There is not a vaccine or specific treatment recommended for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

### How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus. **The simple everyday actions you can take to help prevent the spread of flu and the common cold will also help prevent the spread of coronaviruses.** These include:

- Washing your hands often with soap and water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer.
- Covering your nose and mouth with a tissue when you cough or sneeze, then throwing the tissue in the trash.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Avoiding close contact, such as kissing, sharing cups, or sharing eating utensils, with people who are sick.
- Cleaning and disinfecting frequently touched surfaces, such as toys and doorknobs.



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