

## Novel Coronavirus (COVID-19)

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### What is COVID-19?

The novel coronavirus was first detected in Wuhan, China, and has spread rapidly throughout the world. Cases have been identified in multiple countries, including the United States.

### How Do People Become Infected?

It is believed COVID-19 is spread through respiratory droplet transmission, through coughs and sneezes of infected people. Person-to-person spread is believed to occur among people in close contact (within ~ 6 feet) with each other. It is possible that a person may be able to be infected by touching a surface or object that has been contaminated by the virus, and then touching their own mouth, nose or eyes.

### Signs and Symptoms

It is believed symptoms may appear between 2-14 days after exposure. Symptoms include mild to severe respiratory illness:

- Fever
- Cough
- Shortness of breath

Kidney failure and pneumonia have also been reported

### Diagnosis and Treatment

Diagnosis occurs through testing of upper and lower respiratory specimens, and blood serum.

There is no specific treatment for COVID-19

### Prevention

The best way to prevent illness is to avoid being exposed to the virus.

- Good hand hygiene
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact to people who are sick
- Cover your cough or sneeze with a tissue, then throw it in the trash
- Clean surfaces with a disinfectant, especially if those surfaces have been touched by someone who is sick

### Who Is at Risk?

Anyone who is exposed to the virus can become infected; older adults who have pre-existing and chronic health conditions are at an increased risk for severe illness

If you have symptoms and have recently traveled to affected countries, or have been in close contact with someone who has been sick with COVID-19 infection in the last 14 days, call your healthcare provider