

# WUHAN CORONAVIRUS

## WHAT YOU NEED TO KNOW



### WHAT IS CORONAVIRUS?

Coronaviruses are a family of viruses that cause a range of illnesses from the common cold to severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The 2019 Novel Coronavirus (2019-nCoV) is identified as the cause of a respiratory illness outbreak first detected in Wuhan, China. This coronavirus has resulted in suspected cases in other countries including the United States. The U.S. Centers for Disease Control & Prevention (CDC) recommends avoiding non-essential travel to China. The first case was confirmed in the state of Washington on January 21, 2020.

Based on current information, the CDC believes the immediate health risk from 2019-nCoV to the general American public is considered low at this time.

### HOW DO I RECOGNIZE IT?

The CDC believes at this time that symptoms of 2019-nCoV may appear in as few as two days or as long as 14 days after exposure. Patients with confirmed 2019-nCoV infection have reportedly had mild to severe respiratory illness with symptoms including:

- » Fever
- » Cough
- » Shortness of breath



## WHAT CAN I DO TO PROTECT MYSELF?

- » 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
- » Avoid touching your eyes, nose, and mouth
- » Avoid close contact with sick people
- » Stay home when you are sick.
- » Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- » Clean and disinfect frequently touched objects and surfaces.
- » If you need to travel, make sure to follow [these guidelines](#) to avoid illness while away



## WHAT DO I DO IF I THINK I HAVE THE VIRUS?

- » Cover your mouth with a tissue when you cough or sneeze or consider using a face mask
- » Remain at home if possible
- » If you show any symptoms, especially after having traveled to an affected area, please seek medical care immediately and mention your recent travels to your doctor

## MORE INFORMATION

For more information on the novel coronavirus please follow the below links:

- [World Health Organization](#)
- [Centers for Disease Control and Prevention](#)
- [Johns Hopkins Center for Systems Science and Engineering](#)

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