

People with fever, cough and difficulty breathing should call their doctor. The overall risk of getting the virus still remains low

CoronaVirus: COVID-19

SYMPTOMS

The most common symptoms include:

- **Fever**
- **Cough (dry)**
- **Difficulty breathing (Shortness of breath)**

Other symptoms may include **tiredness, aches and pains, stuffy nose, runny nose, sore throat or diarrhea**. These symptoms are usually mild and begin gradually. Some people get the virus but don't develop any symptoms and don't feel unwell.

Most people (about 8 out of 10) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing.

Older people and people with medical problems like high blood pressure, heart problems or diabetes, are more likely to become serious ill. Symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after being exposed.

The latest updates are available on [CDC's coronavirus web page](#)

Content sources: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#) March 4, 2020 updates
[World Health Organization](#)
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

INSIDE THIS ISSUE

How is the virus spread..... 2
 Treatment 2
 Prevention 3
 What to Do if You are Sick... 4
 Children/FAQ's 4
 Resources..... 6

SPECIAL POINTS OF INTEREST

- When and how is the virus spread
- Who is at risk
- How can I protect myself?
- What do I do?

CAN THE VIRUS SPREAD WITHOUT BEING SICK?

- People with the virus are thought to be **most contagious when they are most symptomatic (the sickest)**.
- It might be **possible for sick people to spread the virus before they know they are sick (show symptoms)**; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads.

HOW CAN I PROTECT MYSELF?

The risk still remains low of getting the virus PREVENTION

Currently there is no vaccine to prevent the coronavirus 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.

However, as a reminder, CDC always recommends everyday preventive actions to **help prevent the spread of respiratory diseases**, including:

- **Avoid close contact with people who are sick.**
- **Avoid touching your eyes, nose, and mouth with your hands.**
- **Stay home when you are sick.**
- **Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**
- **Frequently clean and disinfect shared objects and surfaces using a regular household cleaning spray or wipe.**
- **Follow CDC's recommendations for using a facemask.**
 - * CDC **does not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - * **Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.** The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- **Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.**
 - * If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. **Always wash hands with soap and water if hands are visibly dirty.**

Are antibiotics effective in preventing or treating the COVID-19?

No. Antibiotics do not work against viruses, they only work on bacterial infections. COVID-19 is caused by a virus, so antibiotics do not work. Antibiotics should not be used as a means of prevention or treatment of COVID-19. They should only be used as directed by a physician to treat a bacterial infection.

TREATMENT

There is no specific medication to treat CoVID-19. No specific antiviral treatment has been recommended or licensed by the FDA for COVID-19. People with COVID-19 should receive care to help relieve symptoms and in severe cases, treatment includes hospitalization

People who think they may have been exposed to COVID-19 should contact their doctor immediately.

Children and their families and carers should use actions to prevent the spread of respiratory infections, including **covering coughs, washing hands with soap and water or alcohol-based hand sanitizer, and staying up to date on vaccinations, including influenza (flu).** Additional information on prevention measures can be found at [Prevention for 2019 Novel Coronavirus](#) on the CDC website.



HOW DOES COVID-19 VIRUS SPREAD?

The virus spreads mainly from Person-to-Person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected

HOW EASILY DOES THE VIRUS SPREAD ?

Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in some affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected

WHAT DO I DO IF I AM SICK?

Stay Home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. 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 others: 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: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.

Call the doctor’s office ahead before any doctor visit. Tell them you have or may have COVID-19. This will help the office take steps to keep other people from getting the virus.

Wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a doctor’s office. If you are not able to wear a facemask, 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 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, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer.

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Soap and water are the best option if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are the best option if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Do 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 hot water.

Clean all “high-touch” surfaces everyday: High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, urine, poop, vomit, or any other bodily fluid 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 symptoms and 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.

Ending 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**

Someone who has been released from isolation is not considered to be a risk to others

CAN THE VIRUS SPREAD FROM SURFACES?

It may be **possible for a person to get COVID-19 by touching a surface or object** that has the virus on it and then **touching their own mouth, nose, or possibly their eyes**, but this is not thought to be the main way the virus spreads.

STIGMA RELATED TO COVID-19

Stigma hurts everyone by creating more fear or anger towards people instead of the disease that is causing the problem. We can fight stigma by providing social support. We can communicate the facts that being Chinese or Asian American does not increase the chance of getting or spreading COVID-19.

Frequently Asked Questions and Answers: Coronavirus

CHILDREN

Q: Are children more likely to get the COVID-19 virus compared with people older than 18 years of age and how can infection be prevented?

A: No, there is no evidence that children are more likely to get the virus. In fact, most confirmed cases of COVID-19 reported from China have occurred in adults. Infections in children have been reported, including in very young children. Based on the limited information from outbreaks of other coronaviruses in the past, infection among children was relatively uncommon. **Children should do the usual actions to prevent infection, including regular hand washing using soap and water or alcohol-based hand sanitizer, avoiding people who are sick, and staying up to date on vaccinations, including influenza vaccine.** Additional information on prevention measures can be found at <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

Q: Do the symptoms of the COVID-19 virus differ in children compared with adults?

A: Limited reports of children with COVID-19 in China have described **cold-like symptoms, such as fever, runny nose, and cough.** Other symptoms (vomiting and diarrhea) have been reported in at least one child with COVID-19. **These limited reports suggest that children with confirmed COVID-19 generally start with mild symptoms, and though severe complications, such as acute respiratory distress syndrome or septic shock,** have been reported, they appear to be uncommon. More information can be found at <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

Who is at Risk?

Older people and people with medical problems like high blood pressure, heart problems

Q: Are children at increased risk for severe illness or dying from COVID-19 infection compared with adults?

A: There have been very few reports for children with COVID-19 to date. Limited reports of children with COVID-19 in China have described **cold-like symptoms, such as fever, runny nose, and cough.** Other symptoms (vomiting and diarrhea) have been reported in at least one child with COVID-19. **These limited reports suggest that children with confirmed COVID-19 generally start with mild symptoms, and though severe complications, such as acute respiratory distress syndrome or septic shock,** have been reported, they appear to be uncommon. However, as with other respiratory illnesses, **some groups of children may be at increased risk of severe infection, such as children with underlying health conditions.**

PREVENTION

Q: What should I do if I had close contact with someone who has COVID-19?

A: If you have had close contact with someone showing fever, cough and difficulty breathing, especially if they have recently traveled to or from areas known to have groups of people with the virus , you should call ahead to your doctor and let them know you had close contact with someone who is sick and where they recently travelled.

Q: Does CDC recommend the use of facemask in the community to prevent COVID-19?

A: CDC does NOT recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it. **A facemask should be used by people who have COVID-19 and are showing symptoms.** This is to protect others from the risk of getting infected. The use of facemasks also is crucial for health workers other people who are taking care of someone infected with COVID-19 in close settings (at home or in a health care facility).

ms or diabetes, are more likely to become serious

STIGMA RELATED TO COVID-19

There is some fear and anxiety about getting the virus that can lead to social stigma towards Chinese or other Asian Americans. Stigma and discrimination can occur when people associate an infectious disease, such as COVID-19, with a population or nationality, even though not everyone in that group or from that region is at risk for the disease (for example, Chinese-Americans and other Asian-Americans living in the United States).

WHAT DO I DO IF I AM SICK?

- **STAY HOME**
- **SEPARATE YOURSELF FROM OTHERS, EVEN AT HOME**
- **CALL THE DOCTOR'S OFFICE BEFORE ANY VISIT AND LET THEM KNOW YOU HAVE OR MAY HAVE THE VIRUS**
- **WEAR A FACEMASK WHEN YOU ARE AROUND OTHER PEOPLE**
- **COVER YOUR MOUTH AND NOSE WITH A TISSUE WHEN YOU COUGH OR SNEEZE**
- **WASH YOUR HANDS FOR AT LEAST 20 SECONDS WITH SOAP AND WATER : AFTER SNEEZING OR COUGHING AND BEFORE EATING**
- **DO NOT SHARE PERSONAL ITEMS OR DISHES/CUPS/TOWELS**
- **CLEAN ALL "HIGH-TOUCH" SURFACES EVERYDAY SUCH AS TABLES, PHONES AND COMPUTERS**
- **MONITOR SYMPTOMS AND SEEK MEDICAL CARE IMMEDIATELY IF YOUR ILLNESS IS WORSENING : CALL 911 IF YOU ARE HAVING DIFFICULTY BREATHING**

FREQUENTLY ASKED QUESTIONS

MEDICAL INFORMATION

Q: What are the symptoms and complications that COVID-19 can cause?

A: Current symptoms reported for patients with COVID-19 have included **mild to severe respiratory illness with fever¹, cough, and difficulty breathing**. Read about [COVID-19 Symptoms](#).

Q: Am I at risk for COVID-19 in the United States?

A: This is a rapidly evolving situation that is changing daily. **The latest updates are available on CDC's Coronavirus Disease 2019 (COVID-19) website.**

Q: Has anyone in the United States gotten infected?

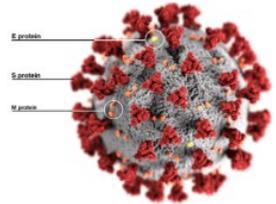
A: **Yes. The first COVID-19 case in the United States was reported on January 21, 2020.** The first confirmed instance of person-person-spread with this virus in the U.S. was reported on January 30, 2020. See the [current U.S. case count of COVID-19](#).

Q: Will warm weather stop the outbreak of COVID-19?

A: **It is not yet known whether weather and temperature impact the spread of COVID-19.** Some other viruses, like the common cold and flu, spread more during cold weather months but that does not mean it is impossible to become sick with these viruses during other months. At this time, it is not known whether the spread of COVID-19 will decrease when weather becomes warmer.

For more information, go to the [COVID-19 Microsite](#).

COVID-19 Microsite



[Add real-time COVID-19 information to your web site!](#)

If you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection and be sure to share your recent travel history with your doctor

Web Addresses

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/children-faq.html>

COVID 19
CORONAVIRUS DISEASE

CORONAVIRUS DISEASE 2019 (COVID-19)

SYMPTOMS* OF CORONAVIRUS DISEASE

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

*** Symptoms may appear 2–14 days after exposure. If you have been in China within the past 2 weeks and develop symptoms, call your doctor.**

www.cdc.gov/COVID19

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Call your doctor if you have any questions

Check the CDC website often for updates. Doctors are learning new information daily

- While the news coverage of the virus sounds alarming and gives a feeling of panic, the risk still remains low for getting the virus.
- It is anticipated for spikes in the number of cases to happen as flu testing becomes more available.
- Measures for prevention are similar for the seasonal flu.
- Currently, the COVID19 virus appears to be spreading easier than the seasonal flu, but is not deadlier.
- Monitor ongoing medical and scientific information on the www.cdc.org or www.who.org for current status of the virus.

- **Cover coughs and sneezes with a tissue.**
- **Wash your hands often to keep from spreading flu to others**
- **Avoid touching your eyes, nose and mouth. Stay home if you are sick.**