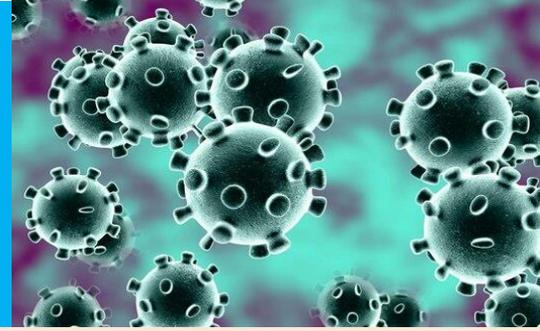


Novel Coronavirus ~ *Information and Advice*



Definition —

- **Coronavirus:** a type of common virus that infects humans, typically leading to an upper respiratory infection. Seven different types of human coronavirus have been identified.
- Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome and Severe Acute Respiratory Syndrome. Novel coronavirus is a new strain that has not been previously identified in humans. Coronaviruses are zoonotic (transmitted between animals and people).
- Coronaviruses are named for their appearance: Under the microscope, the viruses look like they are covered with pointed structures that surround them like a corona, or crown (see image above).

Transmission —

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands
- In rare cases, fecal contamination
- There is no definitive data on how long the coronavirus can survive on surfaces, but based on data from other coronaviruses like SARS, it may be as few as two hours or up to nine days.

Symptoms —

- Runny nose headache
- Cough
- Sore throat
- Fever
- General feeling of being unwell
- Difficulty breathing
- Severe illness

Concerns —

- If difficulty breathing, go to the emergency room
- If mild symptoms, call your healthcare provider for next steps provider
- If you don't have provider, call emergency room or any healthcare provider
- Separate yourself from the others you live with, including your pets

Prevention —

- Frequent hand washing with soap & water. (If not feasible, use hand sanitizer > 60% alcohol.)
- Avoid touching the eyes, nose, mouth with unwashed hands
- Avoid close contact with people who are sick when possible
- Cough or sneeze into your elbow to help prevent viruses from taking to the air
- Dispose of tissues in a wastebasket
- Keep surfaces in your home clean — alcohol is a good disinfectant
- Stay home while you are sick and avoid contact with others
- Thoroughly cook meat and eggs