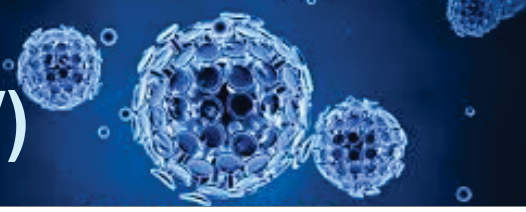


# Novel Coronavirus (2019-nCoV)



## 1. What is a coronavirus?

Coronavirus is a type of virus that causes diseases of varying severities, ranging from the common cold to more serious respiratory disease. A novel (new) coronavirus is a new strain of coronavirus that hasn't been identified before in humans.

## 2. Who gets coronavirus?

Coronaviruses are normally found in animals but can be spread to humans. Some coronaviruses are also spread from person to person. Recently, hundreds of cases of pneumonia associated with a novel coronavirus in Wuhan City have been identified.

## 3. How is coronavirus spread?

Human coronaviruses most commonly spread from an infected person to others through:

- 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
- rarely, fecal contamination

People who have traveled to certain parts of China, such as Wuhan, since December 1, 2019 could have been exposed to this virus. Seek medical care if you develop a fever or respiratory symptoms like cough or shortness of breath within 14 days of returning from travel to affected areas.

## 4. What are the symptoms of disease?

Typically, human coronaviruses cause mild to moderate respiratory illness. Symptoms are very similar to flu, including:

- Fever
- Cough
- Shortness of breath



### Key Points

- Novel coronavirus is a new virus that hasn't been identified before in humans
- Coronaviruses can be spread through close personal contact, or by touching an object or surface with the virus on it.
- Use prevention measures that work to prevent other respiratory infections to prevent novel coronavirus
- Kern County Public Health Services Department is taking steps to prepare our community to respond effectively against novel coronavirus.

### For more information:

Kern County Public Health Services Department

<http://kernpublichealth.com>

California Department of Public Health

<http://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>

Centers for Disease Control and Prevention (CDC)

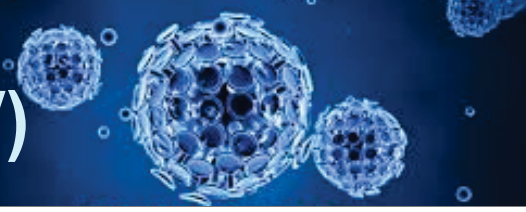
<http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>

World Health Organization

<https://www.who.int/health-topics/coronavirus>



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## 5. How is novel coronavirus treated?

There is no specific treatment for illness caused by a novel coronavirus.

However, many of the symptoms can be treated. Treatment will be based on the patient's condition. There is no vaccine for novel coronavirus.

## 6. How can I protect myself when I travel?

Novel coronavirus infection is rare. Activities that can prevent the spread of more common respiratory infections, like the flu, can be effective at preventing the spread of novel coronavirus.

### **CDC recommends avoiding nonessential travel to China. If you must travel:**

- Avoid contact with sick people.
- Discuss travel to China with your healthcare provider. Older adults and travelers with underlying health issues may be at risk for more severe disease.
- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

### **If you were in China in the last 14 days and feel sick with fever, cough, or difficulty breathing, you should:**

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

