

WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS

WHAT IS 2019 NOVEL CORONAVIRUS?

The 2019 novel coronavirus (2019-nCoV) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

CAN PEOPLE IN THE U.S. GET 2019-nCoV?

Yes. There are confirmed cases in the U.S. This 2019-nCoV virus can spread from person-to-person although it's not clear how easily this happens. Right now, the greatest risk of infection is for people in Wuhan or people who have traveled to Wuhan and less so, other parts of China. The CDC continues to closely monitor the situation.

ARE THERE ANY CONFIRMED CASES IN MARYLAND?

The Maryland Department of Health is keeping a current list of confirmed cases in the state at this webpage: <https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx> The Centers for Disease Control and Prevention is keeping track of national cases at: www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html

HOW DOES 2019-nCoV SPREAD?

The exact way the virus is spread is not fully known. With similar coronaviruses (MERS and SARS), person-to-person spread is thought to have happened mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other viruses that cause respiratory illness spread. There also may be some spread when a person touches a surface or object that has virus on it and then touches his or her own mouth, nose, or possibly their eyes. Spread of SARS and MERS between people has generally occurred between close contacts.

WHAT ARE THE SYMPTOMS OF 2019-nCoV?

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:



WHAT ARE SEVERE COMPLICATIONS FROM THIS VIRUS?

Many patients have pneumonia in both lungs.

How Can I Help Protect Myself?

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- 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.

IF YOU ARE SICK, TO KEEP FROM SPREADING RESPIRATORY ILLNESS TO OTHERS, YOU SHOULD:

- 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.

WHAT SHOULD I DO IF I RECENTLY TRAVELED TO CHINA AND GOT SICK?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should get medical care. Call your health care provider before you go and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness.

IS THERE A VACCINE?

There is currently no vaccine to protect against 2019-nCoV. The best way to prevent infection is to avoid being exposed to this virus.

IS THERE A TREATMENT?

There is no specific antiviral treatment for 2019-nCoV. People with 2019-nCoV can seek medical care to help relieve symptoms.

Additional Resources: www.cdc.gov/nCoV
Source: Centers for Disease Control and Prevention; Maryland Department of Health.

