



## Novel Coronavirus–(COVID-19)

### What is Novel Coronavirus-(COVID-19)?

There are many types of Coronaviruses. Most circulate among animals. There are two more well-known types that circulate between humans: Severe Acute Respiratory Syndrome (SARS) and Middle Eastern Respiratory Syndrome (MERS). Very recently, a new coronavirus has developed called the 2019 Novel Coronavirus–COVID-19.

### How is COVID-19 spread?

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

- 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.

### What are the symptoms of COVID-19?

People with COVID-19 have a wide range of symptoms reported ranging from mild symptoms to severe illness. These symptoms may appear 2-14 days after exposure to the virus:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

### How do you prevent the spread of COVID-19?

There is currently no vaccine to prevent this disease.

You can help reduce your risk of getting respiratory illnesses (including flu) by:

- Washing your hands often with soap and water for at least 20 seconds, helping young children to do the same. If soap and water are not available, use an alcohol-based hand sanitizer.
- Covering your nose and mouth with a tissue when you cough or sneeze, then throwing the tissue in the trash.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Avoiding personal contact, such as kissing, or sharing cups or eating utensils, with sick people.
- Cleaning and disinfecting frequently touched surfaces and objects, such as doorknobs.

### How is COVID-19 treated?

There is no specific antiviral treatment for the CoVID-19 infection. Individuals who become symptomatic after travel or after close contact with ill individuals are encouraged to notify their primary care provider.

For more information, call Guilford County Department of Public Health at 336-641-7777 or visit Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov) for high risk areas.

If you have questions or concerns, call the COVID-19 Helpline toll free at 1-866-462-3812. To submit questions online, go to [www.ncpoisoncontrol.org](http://www.ncpoisoncontrol.org)

Free language assistance is available upon request.

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