WUHAN CORONAVIRUS OUTBREAK

WHAT YOU NEED TO KNOW

WHAT IS CORONAVIRUS?

Coronaviruses are a family of viruses that cause a range of illnesses from the common cold to severe diseases, such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

In December 2019, a new kind of coronavirus, 2019-nCov, was identified as the cause of various cases of respiratory illness, including pneumonia in Wuhan City, Hubei Province of China. It has become a concern because the origin and the exact conditions of its spreading are still not known, however human to human transmission has been confirmed.[1]

HOW DO I RECOGNIZE IT?

The main symptoms of coronavirus resemble those of a bad cold or the flu, which can make detection difficult. They include:

► Fever
► Cough
► Shortness of breath

More severe cases can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. The incubation period is believed to be around two weeks.

WHAT CAN I DO TO PROTECT MYSELF?

► 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
► Avoid touching your eyes, nose, and mouth
► Avoid close contact with sick people
► Cover your cough or sneeze with a tissue, then throw the tissue in the trash
► Clean and disinfect frequently touched objects and surfaces
► If you need to travel, make sure to follow these guidelines to avoid illness while away

WHAT DO I DO IF I THINK I HAVE THE VIRUS?

► Cover your mouth with a tissue when you cough or sneeze or consider using a face mask
► Remain home, if possible
► If you show any symptoms, especially after having traveled to an affected area, please seek medical care immediately and mention your recent travels to your doctor

MORE INFORMATION

For more information on the novel coronavirus, please follow the links below:

- World Health Organization

- Centers for Disease Control and Prevention

- Johns Hopkins Center for Systems Science and Engineering

1. Center for Disease Control and Prevention, https://wwwnc.cdc.gov/travel/notices/alert/novel-coronavirus-china, January 6, 2020.

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