

# Novel Coronavirus

## What You Need to Know

Coronavirus is a type of virus that causes symptoms, ranging from the common cold to more serious respiratory disease. A novel (new) coronavirus has been identified in China.

*Currently the risk of exposure is low in the U.S. and here in Sonoma County.*

### How is it spread?



Through coughing and sneezing



Close personal contact, such as touching or shaking hands



Always wash your hands after touching objects or surfaces before touching your mouth, nose to prevent the spread of viruses and germs



Because novel coronavirus is new, we are learning more each day about how it spreads

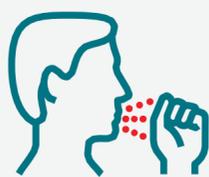


If you develop a fever and cough or respiratory symptoms within 14 days of travel to or residence in China, avoid contact with others and follow the instructions given to you by your local health department or contact your medical provider for further guidance. If you need to seek emergency care, call 911 or the emergency room ahead of time and tell the dispatcher or emergency room about your travel history.

### What are the symptoms?



Fever



Cough



Difficulty Breathing



Severe Illness

### How can I protect myself?

#### Everyday preventive actions:

- Wash your hands often with soap and water for at least 20 seconds
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home and don't travel while you are sick, unless you need medical attention
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash hands
- Clean and disinfect frequently touched objects and surfaces using a regular cleaning spray or wipes

#### Travelers going outside the US

- Continue to use preventive actions
- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Avoid contact with sick people.
- Avoid touching your eyes, nose, and mouth.
- On February 2, the U.S. State Department issued a **DO NOT** travel advisory to China.