

# NOVEL CORONAVIRUS

Updated information to keep you up to date about the coronavirus based on information from the County of Los Angeles Public Health.

Coronavirus is a virus that causes symptoms that can include those from the common cold to more serious symptoms such as respiratory disease. A "novel" coronavirus is a new strain of the coronavirus that we have not yet identified in humans before throughout history. Since this is a new strain of the virus, we are continuing to learn more about it which is why the information is continually evolving at rapid speeds.

## HOW IS IT SPREAD?

*While we originally knew that the coronavirus can be spread through human to human contact, it is now also 'community spread' meaning it is not only spread by people who traveled overseas.*

- Coughing & sneezing
- Contact such as touching or shaking hands
- Touching an object that has been infected by the virus and then touching your eyes, mouth, or nose before washing your hands

## WHAT IF I TRAVELED TO WUHAN?

*Those who have traveled to Wuhan, China since December 1, 2019, may have a chance of being exposed to the coronavirus. If you develop a fever and cough or respiratory symptoms within 14 days of returning from Wuhan, please seek medical care.*

## WHAT ARE THE SYMPTOMS?

**FEVER    COUGH    DIFFICULTY BREATHING    SEVERE ILLNESS**

## TRAVELING OUTSIDE OF THE UNITED STATES?

- Avoid animals, animal markets, and products that come from animals such as uncooked meat
- Avoid contact with ill people
- Wash hands often with soap and water for at least 20 seconds. If soap and water are unavailable use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth

## TRAVELING TO WUHAN AND FEEL SICK?

- Stay home and avoid contact with others
- Seek medical care immediately and talk to your medical office beforehand about your travels and symptoms
- Do not travel while sick
- Cover your nose and mouth with a tissue or shirt sleeve when coughing or sneezing and discard of the tissue