

Novel Coronavirus (nCoV) Outbreak

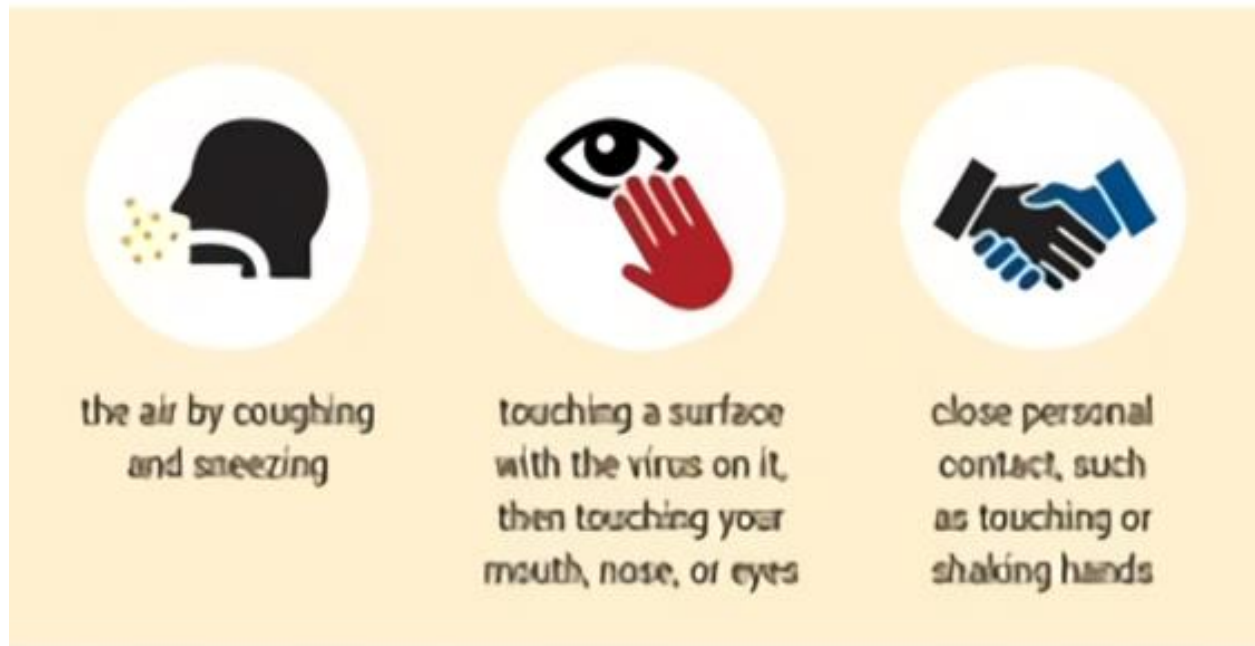
What is Going On and How to Protect Ourselves?

What is Going On?

The 2019 novel coronavirus (2019-nCoV) is a newly discovered virus that causes respiratory illness in human beings and can spread from one person to another. This virus was recently identified at the time of an investigation into an outbreak in Wuhan, China (capital of Central China's Hubei province).

Novel coronavirus (2019-nCoV) is a virus strain that surfaced and was detected in people since December 2019. Health experts are worried because of the outbreak as little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

How is Novel Coronavirus (2019-nCoV) Spread?



Human coronaviruses usually spread from an infected person to others via:

- 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
- Rarely, fecal contamination

What are the symptoms of Novel Coronavirus (2019-nCoV)?



Symptoms of coronavirus may include (but not limited to):

- Runny nose
- Headache
- Cough
- Sore throat
- Fever
- A general feeling of being unwell

How can people protect themselves Novel Coronavirus (2019-nCoV)?



Following are steps you can take to reduce their risk of getting any viral respiratory infections. These include:

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Avoid close contact with others
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands
- Clean and disinfect objects and surfaces

If someone is sick, it is also important for him/her to stay at home away from others.

What is the Treatment for Novel Coronavirus (2019-nCoV)?

Unfortunately, there are no specific treatments for illnesses caused by human coronaviruses so far. Most people with common human coronavirus illness will recover on their own. However, you can do some things to relieve your symptoms, including:

- Take pain and fever medications (caution: do not give aspirin to children)
- Use a room humidifier or take a hot shower to help ease a sore throat and cough
- If you are mildly sick, you should drink plenty of liquids, stay home and rest