

2020 *Harris County Public Health* **Novel Coronavirus (COVID-19)**

WHAT IS A CORONAVIRUS?



Coronaviruses are a large family of viruses. Common human coronaviruses can cause mild to moderate upper-respiratory tract illnesses, such as the common cold. There have been coronaviruses that have caused more severe illness, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

NOVEL CORONAVIRUS (COVID-19)

A new coronavirus emerged in Wuhan, China, in December of 2019 and is currently referred to as the 2019 Novel Coronavirus, or COVID-19. There are now cases of COVID-19 reported in the United States.

At this time, according to the Centers for Disease Control and Prevention (CDC),
the risk to the general public is considered to be LOW.

SYMPTOMS

Patients with confirmed COVID-19 infection have reportedly had mild to severe respiratory illness with symptoms. However, there have been deaths from COVID-19 infection. CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 after exposure.

The following are typical symptoms of COVID-19:

Fever



Cough



*Shortness
of Breath*



PREVENTION & PROTECTION



There is currently no vaccine or specific treatments at this time for the COVID-19. The best way to prevent infection is to avoid being exposed to this virus.

As a reminder, HCPH always recommends everyday preventive actions to help avoid the spread of respiratory viruses, including:

- *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, or mouth with unwashed hands*
- *Avoid close contact with people who are sick*
- *Stay home while you are sick*
- *Cover your mouth and nose with a tissue when you cough or sneeze, and then throw the tissue in the trash*
- *Clean and disinfect frequently touched objects and surfaces*

RECENT TRAVEL

CDC recommends that travelers avoid all nonessential travel to places where the virus has been confirmed. To find the updated destination list, please visit www.cdc.gov.

- *Contact your healthcare provider right away. Before you go to a doctor's office or emergency room, **call ahead** and tell them about your recent travel and your symptoms.*
- *Avoid contact with others.*



If you have recently traveled to where the virus has been confirmed (and/or have been in contact with someone who has) and now feel sick, **contact your healthcare provider or your local health department immediately.**

FUTURE INFORMATION

As things change with this disease, stay tuned for additional information from credible sources and remember to get your flu shot every year.

For more information on COVID-19, please visit

www.hcphtx.org/nCoV

Sources of information:

Texas Department of State Services (DSHS)
Centers for Disease Control and Prevention (CDC)
World Health Organization (WHO)