

2019 Novel Coronavirus (2019-nCoV)

What is the Coronavirus?

The 2019 Novel Coronavirus (2019-nCoV) is a virus, identified as the cause of an outbreak of respiratory illness that may become deadly. The large family of coronaviruses can be found in animals like camels, cattle, cats and bats. Rarely does the animal coronavirus infect people and then spread between people such as MERS and SARS.

How does it spread?

Early on it had links to large animal and seafood markets, suggesting animal-to-person spread. A growing number of patients had no exposure to these markets indicating a spread of person-to-person. It is currently unclear how easily this virus is transferring from person-to-person.

What are the symptoms?

Symptoms can range from person to person, mild to severely ill and dying.

- Fever
- Cough
- Shortness of breath

Symptoms for the 2019-nCoV may appear as early as 2 days or as long as 14 days, based on previous cases.

How can I prevent contracting the virus?

Recommendations by the CDC are as followed:

- Avoid exposure
 - Avoid individuals who are sick
 - Avoid touching your eyes, nose and mouth with unclean hands
 - Stay home when sick
 - Cover your cough or sneeze with tissue, then dispose of the tissue in trash
 - Clean and disinfect frequently
 - Follow CDC recommendations for using face mask
 - CDC does NOT recommend the use of a face mask if you are NOT sick.
 - Face mask SHOULD be worn by those who show symptoms of the 2019-nCoV.
 - Wash hands for 20 sec after eating, using the bathroom, blowing your nose, sneezing or coughing
- If soap and water are not available, use an alcohol-based hand sanitizer with a minimum of 60% alcohol.

What is the treatment?

Currently there is no known treatment for the 2019-nCoV virus. Individuals infected may receive supportive care to ease and help relieve symptoms.

If you are sick, do the following:

Stay home except for receiving medical attention – Separate yourself from other people – Call ahead before visiting doctor – Wear a mask – Cover coughs and sneezes – Clean your hands – Avoid sharing household items – Monitor your symptoms.

More information can be found: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

ToolBox Talk

What can I do to prevent spreading the 2019-nCoV virus?

What is a symptom of the 2019-nCoV virus?

What PPE can I use to protect myself from contracting this virus?

How many days does it take for the symptoms to appear?

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