**NOVEL CORONAVIRUS**

**WHAT YOU SHOULD KNOW**

**Novel Coronavirus** is a new virus that causes respiratory illness in people. This virus was first identified in Wuhan, Hubei Province, China.

<table>
<thead>
<tr>
<th>How is it spread?</th>
<th>What are the symptoms?</th>
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<tbody>
<tr>
<td>Coughing and sneezing</td>
<td>Fever</td>
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<td>Close contact with people, such as touching or</td>
<td>Cough</td>
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<td>shaking hands</td>
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<tr>
<td>Touching an object or surface that has the virus on it</td>
<td>Shortness of breath or difficulty breathing</td>
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<td>then touching your mouth, nose, or eyes.</td>
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**How can I help protect myself?**

- **Wash your hands** often with soap and water.
- **Avoid touching face** with unwashed hands.
- **Avoid close contact** with people who are sick.
- **Stay home** when you are sick.
- **Cover your cough or sneeze** with a tissue, then throw it in the trash.
- **Clean and disinfect** frequently touched objects and surfaces.

**What should I do if I traveled to a country with widespread sustained transmission of COVID-19?**

If you feel sick with fever, cough or have difficulty breathing within 14 days after traveling to a country with widespread transmission of COVID-19, you should:

- Seek medical care. 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.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer if soap and water are not available.


For more information, please visit [www.ochealthinfo.com/novelcoronavirus](http://www.ochealthinfo.com/novelcoronavirus) or call the OC Health Care Agency’s Health Referral Line at (800) 564-8448.