



What you need to know about the Novel Coronavirus

What is novel coronavirus?

Novel coronavirus (2019-nCoV) is a new virus that was first detected in China in December 2019. Health experts are concerned because it spreads from person to person and has the potential to cause severe illness and pneumonia in some people.

How does novel coronavirus spread?

There are still many things that are unknown about this new virus. At this time, spread of the virus is believed to happen several ways.

- From person to person among close contacts (within 6 feet).
- When an infected person coughs or sneezes.
- Touching a surface or object that has the virus on it and then touching the mouth, nose, or possibly eyes.

How severe is novel coronavirus?

Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults (over 50 years of age) who had other health conditions.

What are the symptoms?

Symptoms appear 2-14 days after exposure, and include fever, cough, and shortness of breath.



FEVER



COUGH



SHORTNESS OF BREATH

Who is at risk for novel coronavirus?

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC for recommendations for travel to China. To understand who is most at risk, visit <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>

How can I prevent from getting novel coronavirus?

Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid close contact with others
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing

Currently, there are no vaccines available to prevent novel coronavirus infections. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications.

For more information contact the State of Alaska Section of Epidemiology: (907) 269-8000
cdc.gov and coronavirus.alaska.gov