

## FAQ's

**What is Covid-19?** 2019-nCoV is a newly identified coronavirus that is causing an outbreak of pneumonia illness. It was first identified in December 2019 in Wuhan City, Hubei Province, China. Since then, cases have been identified in multiple other [countries](#) including the U.S. According to the Centers for Disease Control and Prevention (CDC), [human coronaviruses](#) are common throughout the world and usually cause mild to moderate illness in people. This new virus is a public health concern because:

- It is newly identified, so much is still unknown about it.
- Two other human coronaviruses, MERS-CoV and SARS-CoV, have caused severe illness.

**Best way to prevent transmission.** - wash hands with soap and water for 20 seconds and avoid touching your face. First period; Right before Lunch; After Lunch

Do NOT share food.

**Who is at the most risk?** - For reasons not fully understood, this is not hitting kids as hard as it is hitting adults. The most at-risk populations are the elderly and the immunocompromised.

**How many carriers may be asymptomatic?** Based upon the cruise ship docked in Japan, close to 50% of carriers may be asymptomatic. While this is good for those who don't develop symptoms, this means it will be very hard to limit the spreading of the virus.

**How long is the typical incubation period?** - At the moment, this seems to be in the 2-14 day window although in some cases there may be a larger window. The majority of people present symptoms within 7 days.

**What if I develop a fever?** This is no different than usual. If you have a fever, stay home. Get sleep, monitor your fever and other symptoms. Seek medical help if your symptoms get worse.

**What are the symptoms?** [Symptoms](#) may be flu-like, ranging from mild to serious, and include:

- Fever.
- Cough.
- Difficulty breathing.

Person-to-person spread is occurring, although it's unclear exactly how it is transmitted and how easily the virus spreads between people. Recommendations for people with respiratory symptoms:

You should:

- Seek medical care right away. Before you go to a doctor's office or emergency department, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick. Please do not use public transportation or arrive unannounced at the doctor's office.
- 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. Use an alcohol-based hand sanitizer if soap and water are not available

**What is the treatment?** Currently, there is no specific antiviral treatment recommended for 2019-nCoV infection. People infected with 2019-nCoV should receive supportive care to help relieve symptoms.

**Is there a vaccine?** Not at this time, although research that could lead to a vaccine is moving ahead quickly. It will likely take a year before clinical trials are complete.

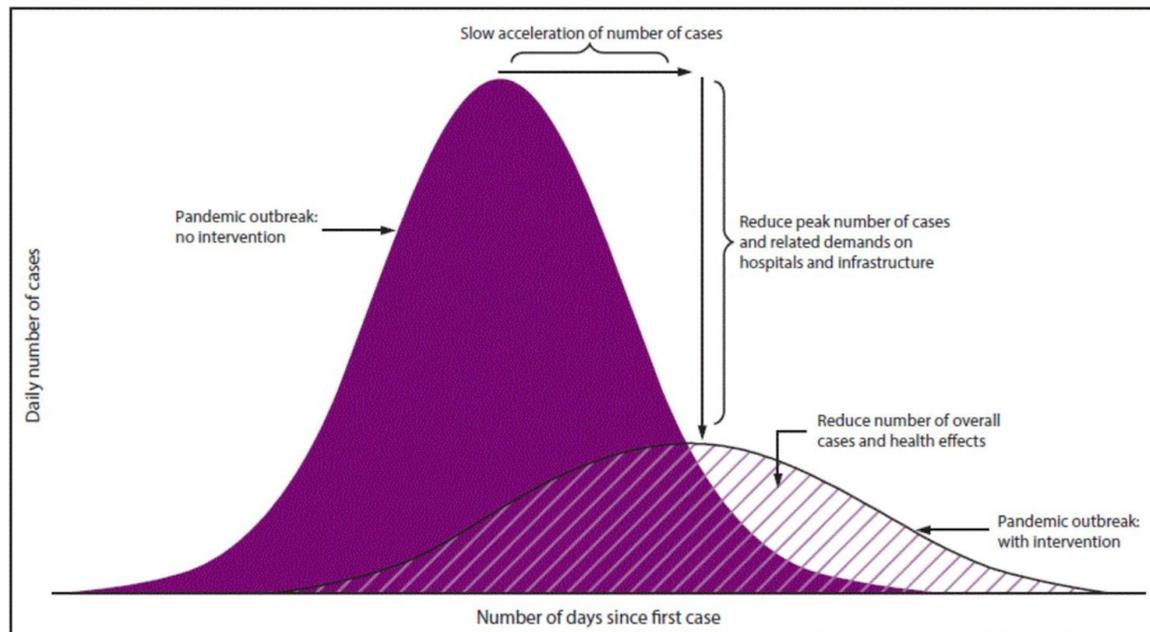
**How do I prevent Covid-19?** There is no vaccine to prevent this virus, and the [CDC](#) advises that the best way to prevent infection is to avoid being exposed to this virus.

### **Important Take-Aways:**

Here are everyday actions to help prevent the spread of all respiratory viruses:

- **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, and mouth 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 the tissue in the trash.**
- **Clean and disinfect frequently touched objects and surfaces.**

# Goals of Non-Pharmaceutical Interventions for Pandemics



Source: CDC. MMWR 2017;66(1):1-34. (<https://www.cdc.gov/mmwr/volumes/66/rr/rr6601a1.htm>)

**If you are ill, stay home and rest.** Here are everyday actions to help prevent the spread of respiratory viruses:

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