Fact Sheet

COVID-19

1. What are Coronaviruses?

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases. The new Coronavirus Disease 2019 (COVID-19) is a strain of coronavirus that hasn't been identified before in humans.

2. Who gets COVID-19?

COVID-19 is currently spreading from person to person in parts of the United States. Risk of infection is higher for people who are close contacts of someone known to have COVID-19. Other people at higher risk for infection are those who live in or have recently been in areas with ongoing spread of COVID-19. Older adults, individuals with compromised immune systems, and those with underlying health conditions such as heart disease, diabetes, and lung disease have a higher risk of developing complications from COVID-19.

3. How are coronaviruses spread?

Human coronaviruses most commonly are spread from an infected person to others through:

- Coughing and sneezing.
- Close personal contact, such as touching or shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.
- Rarely, fecal contamination.

4. What are the symptoms of COVID-19?

Symptoms include:

- Fever
- Cough
- Difficulty breathing
- Severe illness

Complications and outcomes of this virus are still being investigated.

5. How is COVID-19 treated?

There is no specific treatment for illness caused by a COVID-19. However, many of the symptoms can be treated. Treatment will be based on the patient's condition. There is no vaccine for COVID-19.

Key Points

COVID-19 is a new virus that hasn't been identified before in humans

Coronaviruses can be spread through close personal contact, or by touching an object or surface with the virus on it

Use prevention measures that work to prevent other respiratory infections to prevent novel coronavirus

Public Health is taking steps to prevent the spread of novel COVID-19 in Imperial County.

For more information:

Imperial County Public Health Department
https://www.icphd.org

Centers for Disease Control and Prevention (CDC)
http://www.cdc.gov/coronavirus/ novel-coronavirus-2019.html

World Health Organization
https://www.who.int/health-top- ics/coronavirus

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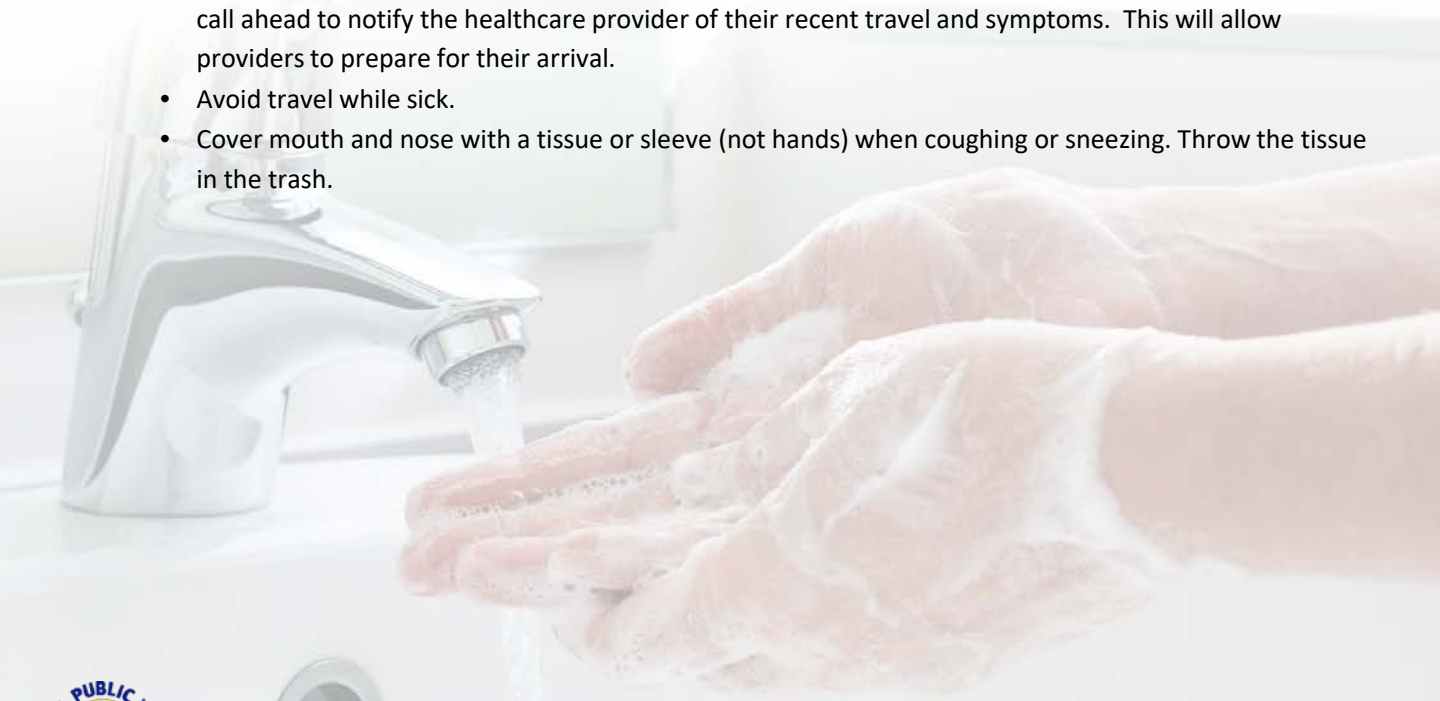
6. How can I protect myself when I travel?

Cases of COVID-19 are being reported internationally and in the United States. Activities that can prevent the spread of more common respiratory infections, like the flu, can be effective at preventing the spread of COVID-19.

Travelers to impacted areas should:

- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Avoid contact with sick people.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Limit close contact, like kissing and sharing cups or utensils, with people who are sick.
- Clean surfaces that are touched often, like toys and doorknobs.

If individuals feel sick and within the last 14 days have traveled to an impacted area or been in close contact with someone who has traveled to an impacted area they should:

- Stay home and avoid contact with others, except for when seeking medical care.
- Seek medical care right away. Before going to a doctor's office or emergency room, individuals should call ahead to notify the healthcare provider of their recent travel and symptoms. This will allow providers to prepare for their arrival.
- Avoid travel while sick.
- Cover mouth and nose with a tissue or sleeve (not hands) when coughing or sneezing. Throw the tissue in the trash.