What are coronaviruses?
Coronaviruses are a group of viruses that can cause a range of illnesses from the common cold to severe respiratory infection like pneumonia. The COVID-19 is a virus that has been identified as the cause of an outbreak of respiratory illness initially detected in Wuhan, China in December of 2019.

How do coronaviruses spread?
- Through coughing and sneezing.
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.
- Close personal contact, such as touching or shaking hands.
- People who traveled to or from outbreak-affected areas, or who had contact with someone who has COVID-19, may have been exposed to the virus. Seek medical care if you develop a fever, cough or difficulty breathing within 14 days of traveling or having contact with a COVID-19 case.

If you may have been exposed and feel sick:
- Stay home and avoid contact with others. Do not go to work, school or daycare.
- Seek medical care right away. Before you go to the doctor’s office, emergency room or urgent care, call ahead and tell them about your recent travel and your symptoms.
- Inform your local health department.
- Don’t travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw tissue in the trash.
- 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.

If you have traveled to outbreak-affected areas or had contact with a COVID-19 case and do not feel sick, you should monitor for symptoms for 14 days after last exposure and contact your local health department.
10 things you can do to manage your health at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.

3. **Get rest and stay hydrated.**

4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, **call 911 and notify the dispatch personnel** that you have or may have COVID-19.

6. **Cover your cough and sneezes.**

7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

8. As much as possible, **stay in a specific room and away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.

9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.

10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

Please go to [www.cdc.gov/covid19-symptoms](http://www.cdc.gov/covid19-symptoms) for information on COVID-19 symptoms.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)