**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.

### How is it spread?
- Coughing and sneezing
- Close contact with people, such as touching or shaking hands
- Touching an object or surface that has the virus on it, then touching your mouth, nose, or eyes.

### What are the symptoms?
- Fever
- Cough
- Shortness of breath or difficulty breathing
- Severe illness (sickness)

People who have been in China may have been exposed to the virus and should self-monitor for symptoms for 14 days after arriving from China.

### 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 China and feel sick?
If you were in China and feel sick with fever, cough, or have difficulty breathing within 14 days after you left China, you should:

- Seek medical care right away. 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.