

Coronavirus

February, 2020

Frequently Asked Questions

Q: What is a novel coronavirus?

A: A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

Q: What is the source of COVID-19?

A: Coronaviruses are a large family of viruses. Some cause illness in people, and others, such as canine and feline coronaviruses, only infect animals. Rarely, animal coronaviruses that infect animals have emerged to infect people and can spread between people. This is suspected to have occurred for the virus that causes COVID-19. Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) are two other examples of coronaviruses that originated from animals and then spread to people.

Q: How does the virus causing Coronavirus Disease-2019 (COVID-19), spread?

A: This virus was first detected in Wuhan City, Hubei Province, China. The first infections were linked to a live animal market, but the virus is now spreading from person-to-person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. Currently, it's unclear how easily or sustainably this virus is spreading between people.

Q: Can someone who has had COVID-19 spread the illness to others?

A: The virus that causes COVID-19 is spreading from person-to-person. Someone who is actively sick with COVID-19 can spread the illness to others. That is why CDC recommends that these patients be isolated either in the hospital or at home (depending on how sick they are) until they are better and no longer pose a risk of infecting others.

How long someone is actively sick can vary so the decision on when to release someone from isolation is made on a case-by-case basis in consultation with doctors, infection prevention and control experts, and public health officials and involves

considering specifics of each situation including disease severity, illness signs and symptoms, and results of laboratory testing for that patient.

Q: Can someone who has been quarantined for COVID-19 spread the illness to others?

A: Quarantine means separating a person or group of people who have been exposed to a contagious disease but have not developed illness (symptoms) from others who have not been exposed, in order to prevent the possible spread of that disease. Quarantine is usually established for the incubation period of the communicable disease, which is the span of time during which people have developed illness after exposure. For COVID-19, the period of quarantine is 14 days from the last date of exposure, because 14 days is the longest incubation period seen for similar coronaviruses. Someone who has been released from COVID-19 quarantine is not considered a risk for spreading the virus to others because they have not developed illness during the incubation period.

Q: How can I help protect myself?

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.

ABOUT - CORONAVIRUS

A newly discovered respiratory virus that can cause infections in humans. First reported in December of 2019 in Wuhan, Hubei Province, China.

SYMPTOMS:

- Fever
- Cough

- Shortness of breath

HOW IS IT SPREAD?

- Through the air by coughing and sneezing
- Close contact with infected person by touching, shaking hands
- Touching an infected object where virus is on it, then touching mouth/nose/eyes before washing hands
- Rarely, fecal contamination

HOW TO PROTECT YOURSELF?

- Wash your hands often with soap, for 20 seconds
- Avoid touching eyes, nose or mouth with unwashed hands
- Avoid close contact with people who are sick
- Cover your mouth, nose, with tissue when coughing, sneezing, then wash hands
- Clean and disinfect objects and surfaces.

WHAT IS THE TREATMENT?

- Take pain medication
- Use room humidifier or take hot shower to help ease a sore throat and cough
- Drink plenty of water
- Call your physician if illness persist

ABOUT – INFLUENZA

Flu is an illness caused by influenza viruses that infect the respiratory tract. The illness can be mild to severe and can cause death. Although anyone can become infected with the flu, the young, elderly and those with compromised health issues are at a greater risk for hospitalization and complications. Every year **3,000 to 49,000** people die of influenza and problems from the disease. About 90% of influenza-associated deaths occur in people age 65 and older.

SYMPTOMS:

Symptoms usually include:

- Fever

- Chills
- Cough
- Sore Throat
- Muscle Aches
- Diarrhea & nausea occasionally in children

HOW IS IT SPREAD?

- Through contact with infected person
- Touching surfaces/objects that have flu virus on them
- Touching eyes, nose, mouth
- Breathing in droplets from a sneeze or cough

HOW TO PREVENT INFLUENZA?

- Getting flu shot every year

For more information go to:

<https://www.in.gov/isdh/28470.htm>

<https://www.cdc.gov/flu/index.htm>

<https://search.cdc.gov/search/?query=coronavirus>