

2019 novel coronavirus (COVID-19)



The facts

The 2019 novel coronavirus, initially identified in China, has spread to dozens of countries, including the United States. The disease that the virus causes is called COVID-19.

Do I have COVID-19?

If you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, and have been in close contact with a person known to have COVID-19 or if you live in or have recently traveled to an area with ongoing spread, call your doctor's office to get advice on how to proceed in your care.

Symptoms of COVID-19 may appear in as few as two days or as long as 14 days after exposure.

Prevention and treatment

There is currently no vaccine to prevent or treat COVID-19. People with COVID-19 should receive supportive care, like rest and drinking lots of fluids, to help relieve symptoms.

The best way to prevent illness is to avoid being exposed to this virus. The Centers for Disease Control and Prevention (CDC) recommends everyday preventive actions, including:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing.

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- 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.
- Follow the CDC's recommendations for using a face mask.
 - The CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.
 - Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of face masks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a healthcare facility).

For the more information, visit NovantHealthUVA.org/coronavirus or CDC.gov/coronavirus/2019-ncov/

The Virginia Department of Health has a public hotline for coronavirus questions: 1-877-ASK-VDH3 (1-877-275-8343).

