WHAT YOU NEED TO KNOW ABOUT

CORONAVIRUS (COVID-19)

WHAT IS CORONAVIRUS? (COVID-19)

Coronavirus disease 2019 (COVID-19) is caused by a respiratory virus first identified in Wuhan, Hubei Province, China. This is a new virus that hasn't caused illness in humans before.

HAS THIS CORONAVIRUS SPREAD TO THE US?

Yes. There are confirmed cases in the U.S. The Centers for Disease Control (CDC) is keeping track of how many at this website: www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html

DOES ANYONE IN MARYLAND HAVE THE VIRUS NOW?

The Maryland Department of Health is keeping a current list of confirmed cases in the state at this webpage: https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx

WHAT IS THE RISK TO THE PUBLIC RIGHT NOW?

For the general American public, who are unlikely to be exposed to this virus at this time, the immediate health risk from coronavirus is low. Globally, the CDC says the potential public health threat posed by this coronavirus is high. Strong public health measures now may slow down the impact of the virus in the U.S. later.

HOW DOES THIS CORONAVIRUS SPREAD?

Current understanding about how the virus spreads is largely based on what is known about similar coronaviruses. COVID-19 is a new disease and there is more to learn about how it spreads, the severity of illness it causes, and to what extent it may spread in the United States.

The virus is thought to spread mainly from person-to-person in the following ways:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

WHAT ARE THE SYMPTOMS OF THE VIRUS?

FEVER | SHORTNESS OF BREATH | COUGH

SHOULD I WEAR A FACE MASK WHEN I GO OUT IN PUBLIC?

The CDC does not recommend people who are well wear a face mask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it. A face mask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected.

WHAT CAN I DO TO PROTECT MYSELF AND OTHERS?

Take everyday preventive steps that are always recommended to slow the spread of respiratory illnesses like colds, flu, and this virus:

- Wash your hands often with soap and warm water for at least 20 seconds.
- Use an alcohol-based hand sanitizer with at least 60 percent alcohol if soap and water are not available.
- Cover your coughs and sneezes with a tissue, your sleeve, or your elbow.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched objects and surfaces using standard cleaning practices.
- Avoid close contact with people who are sick. If you are sick, stay home except to get medical care.

HOW DO I STAY INFORMED?

Continue to monitor the Health Department's coronavirus webpage (health.mypgc.us/coronavirus) as well as the coronavirus webpages for the Maryland Department of Health (health.maryland.gov/coronavirus) and the CDC (https://www.cdc.gov/coronavirus/).

Additional Resources: www.cdc.gov/nCoV
Sources: Centers for Disease Control and Prevention; Maryland Department of Health,

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