

## Health and Wellness

### Description

*This submission is directly from HEALTH MATTERS – the Cincinnati Health Department February 2020 newsletter. The information is so important, I wanted you to receive it- straight & uncut.*

*Kimya Moyo, NANA Health Liaison*

### **Novel Coronavirus 2019-nCoV, Disease Basics**

The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus first identified in Wuhan, Hubei Province, China. Chinese authorities identified the new coronavirus, which has resulted in thousands of confirmed cases in China, including cases outside Wuhan City. Additional cases have been identified in a growing number of other international locations, including the United States. This is a rapidly evolving situation and there is an ongoing investigation to determine more about this outbreak. There are NO cases of novel Coronavirus in the City of Cincinnati currently. The only people at risk of illness due to this outbreak are those with fever and symptoms of lower respiratory illness who:

- In the last 14 days before symptom onset, a history of travel from Wuhan City, China OR
- In the last 14 days before symptom onset, close contact with a person who is under investigation for 2019-nCoV while that person was ill OR
- In the last 14 days, close contact with an ill laboratory-confirmed 2019-nCoV patient.

### **What are the symptoms for Coronavirus?**

Patients with confirmed 2019-nCoV infection have reportedly had mild to severe respiratory illness with symptoms of fever, cough and shortness of breath. Other early symptoms include chills, body aches, sore throat, headache, diarrhea, nausea/vomiting and runny nose.

### **How is Coronavirus spread?**

This virus probably originally emerged from an animal source but now seems to be 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. At this time, it's unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses.

### **How can Coronavirus be prevented?**

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus and practice these preventive actions:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

- Avoid touching your eyes, nose and mouth 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 the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces.

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**Date Created**

March 1, 2020

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