



COVID-19 Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)

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What is a novel coronavirus?

Coronaviruses are a family of viruses that cause respiratory infections. Sometimes a new (referred to as “novel”) coronavirus begins causing infections in humans. When a new coronavirus emerges, it is referred to as a novel (meaning “new”) coronavirus. The virus that causes COVID-19 is a novel coronavirus that began infecting humans in 2019. Health experts are concerned when a novel coronavirus emerges because they are unpredictable and people have no immunity to them.



How does COVID-19 spread?



Health experts are still learning the details about how this new coronavirus, COVID-19 spreads. The virus is thought to spread mainly from person to person:

- • Between people who are in close contact with one another (within about 6 feet) by **respiratory droplets** produced when a 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.
- • **Close personal contact, such as touching or shaking hands.**
- • Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.
- • In rare cases, it may be possible, by contact with feces (poop).

How severe is novel coronavirus?

- Health experts are still learning about the illness caused by the new virus. People infected have had illness that has ranged from MILD (like a common cold) to SEVERE pneumonia that requires medical care in a hospital. So far, deaths have been reported mainly in older adults and people who had other health conditions.



What are the symptoms?

- People who have been diagnosed with COVID-19 have symptoms that may appear in as few as two days or in 14 days after exposure to the virus. **Symptoms may include fever, cough, and shortness of breath.**



Additional Symptoms:

- Chills, shivering
- Nausea, vomiting, diarrhea
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Stuffy or runny nose



How can I prevent getting novel coronavirus?

Steps you can take to prevent spread of flu and the common cold will also help prevent COVID-19:

- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Stay at home as much as possible.
- Put distance between yourself and other people (at least 6 feet).
- Cover your mouth and nose with a cloth face cover when around others.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces daily.

Currently there are no vaccines available to prevent COVID-19 infections.



How is novel coronavirus treated?

There is no specific treatment for COVID-19. Most people with mild COVID-19 illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital. Stay home except to get medical care. People who are mildly ill with COVID-19 can isolate themselves at home while they are sick. You should not be out in the community, except to get medical care if needed. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis. Separate yourself from others in your home as much as possible if you are sick. Stay in a specific room away from others. Use a separate bathroom if possible.

Additional Info:

For more information please visit :

<https://www.nj.gov/health/cd/topics/ncov.shtml>

www.CDC.gov

As always, please reach out to me with any questions at all regarding COVID-19 at x4110