**The Coronavirus**

What is the virus? The coronavirus is a virus causes respiratory illness and other flu-like symptoms. It was first detected in Wuhan, China. There is a growing number of cases (over 4,000 confirmed and 170+ dead). Cases are spreading globally to the U.S. and other countries. The CDC and WHO are issuing an alert of “high precaution” to prevent the further spread of this virus. There is no treatment or vaccination available yet. Practicing good health habits are key to reducing the risk of infection.

**Those at Risk**

* Most people who have died were already in poor health conditions such as:
* Immunocompromised
* Existing comorbidities
* Heart disease
* Liver disease
* Poor immune health

**Spread of the Coronavirus**

* Transmission path of virus is unknown
* May be due to close personal contact with an infected person
* May be spread through the air by coughing and sneezing

**Symptoms**

* Runny nose
* Headache
* Cough
* Sore throat
* Fever
* Pneumonia like symptoms
* Ranging – mild to severe

**Reduce Risks of Infection**

* Wash your hands with soap & water for at least 20 seconds
* Cover your nose and mouth when coughing or sneezing
* Avoid contact with others who are sick

**Traveling**

* Avoid traveling to China
* Don’t travel with a fever
* Avoid close contact with people who appear sick
* Wash your hands often

**Protect Yourself**

* Avoid unprotected contact with sick people and with farm or wild animals
* Practice food safety such as using different boards to cut raw meat
* Wear facemasks when necessary

\*If you are experiencing these symptoms and have recently traveled or had contact with someone who has traveled to China, let your healthcare provider know.