

# COVID-19

If you have recently traveled to an area that has COVID-19 transmission and are experiencing symptoms mentioned below, call ahead to your health care provider before seeking medical care.



## What is it?

- A new respiratory virus first identified in Wuhan, China
- It has the potential to cause severe illness and pneumonia in some people

## How is it spread?



Through the air by coughing and sneezing



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

## Who is at risk?



Travelers to and from certain areas are at increased risk as are the close contacts of those who are ill



65 years and older and those with underlying health conditions



See travel guidance from the Centers for Disease Control and Prevention [www.cdc.gov/coronavirus/2019-ncov/travelers/index.html](http://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html)

## What are the symptoms?

Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:



Fever



Cough



Shortness of Breath

## How is it prevented?

Similar to prevention of other respiratory illnesses, including the flu:

- **Wash hands** often
- **Avoid touching** eyes, nose, or mouth with unwashed hands
- **Avoid contact** with sick people
- **Stay home** while you are sick; avoid others
- **Cover mouth/nose** with a tissue or sleeve when coughing or sneezing

