

Memorandum

Re: 2019 Novel Coronavirus



As many are aware, a new coronavirus “2019 Novel Coronavirus” – has been detected in China and has spread to other countries around the globe, including the United States.

As with all respiratory viruses, it is advisable to limit close contact (*within 6 feet*) with an infected person. It also appears that the virus may spread when an infected person coughs, or sneezes, or by touching an infected surface or object and then touching your own mouth, nose or eyes. Both the CDC and the WHO currently believe that the risk of contracting the virus is relatively low.

At this stage, no one has been formally diagnosed with this new virus in New York State, however that said, per the New York State Department of Health, and other agencies, there are steps we can all take to help prevent the continued spread or contraction of this virus.

Prevention

While there is currently no vaccine to prevent this virus, these simple steps can help stop the spread of this and other respiratory viruses:

- 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.

Follow CDC’s recommendations for using a facemask.

- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

Symptoms: The 2019 novel coronavirus may cause mild to severe respiratory symptoms like:

Currently, most cases are likely to be spread from person to person by droplets when coughing.

- Cough
- Fever
- Trouble breathing and
- Pneumonia
 - CDC believes at this time that symptoms may appear in as few as 2 days or as long as 14 days after exposure to the virus.

Important Health Information for Those Who Have Recently Traveled to China

If you recently traveled to China and feel sick with fever, cough or trouble breathing, you should:

- Seek medical care right away. Call ahead and tell them about your travel and symptoms.
- Avoid contact with others. Stay home, except for seeking medical care.
- Avoid further travel until the illness resolves.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and warm water for at least 20 seconds. If unavailable, use an alcohol-based hand sanitizer.

For CDC Updates, go to www.cdc.gov/coronavirus/2019-nCov