2019 NOVEL CORONAVIRUS
What You Need to Know

Coronavirus is a type of virus that causes diseases of varying severities, ranging from the common cold to more serious respiratory disease.
The 2019 Novel Coronavirus is NOT currently spreading in the United States.

How to Prevent the Spread?

Avoid close contact with people who are sick

Avoid touching your eyes, nose and mouth with unwashed hands

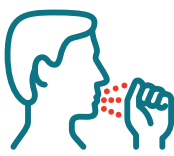Wash hands often with soap and water or use an alcohol based sanitizer

People who have traveled to certain parts of China, such as Wuhan, since December 1, 2019 could have been exposed to the virus.
Seek medical care if you traveled to China and develop a fever and cough or respiratory symptoms within 14 days of your return.

What are the symptoms?

Fever　　**Cough**　　**Difficulty Breathing**

How can I protect myself when I travel?

Travelers going outside the US
- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Avoid contact with sick people.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.

If you traveled to China and feel sick
- Stay home and avoid contact with others
- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Don't travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw the tissue in the trash.

KERN COUNTY
Public Health Services
DEPARTMENT

www.kernpublichealth.com