

What is the Coronavirus?

2019 Novel Coronavirus (2019-nCoV) is a virus (more specifically, a coronavirus) identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. Early on, many of the patients in Wuhan reportedly had some link to a large seafood and animal market, suggesting animal-to-person spread. However, a growing number of patients reportedly have not had exposure to animal markets, suggesting person-to-person spread is occurring. Since that time, person-to-person cases have been confirmed, including one in the United States, in the Chicago, Illinois metropolitan area. At this time, it is unclear how easily or sustainably this virus is spreading between people.

The U.S. Centers for Disease Control and Prevention (CDC) have confirmed six cases of the virus in the United States involving individuals who had recently traveled to Wuhan, or who had prolonged direct contact with someone who had traveled there. There are many other possible cases being tested and we can expect more confirmed cases in the U.S.

What factors and symptoms indicate potential exposure to Coronavirus (2019-nCoV)?

According to the CDC, exposure to the 2019-nCoV virus is directly related to the following factors:

1. In the last 14 days before symptom onset, a history of travel to Wuhan City, China; or
2. In the last 14 days before symptom onset, close contact with a person with laboratory confirmed 2019-nCoV; or
3. In the last 14 days, close contact with a person who is under investigation for 2019-nCoV.

The symptoms of the coronavirus include:

1. Fever above 100.4° F; and
2. Cough or shortness of breath.

What to do if you suspect exposure to 2019-nCoV and you have the related symptoms?

Stay home from work.

Cover your cough.

Call your healthcare provider to discuss your symptoms and exposure.

If you have traveled to Wuhan, China, within the past 14 days, notify your health care provider at the time of your call. It is important to call before heading into a clinic so that your provider can be prepared for your visit.

Where should I report suspected exposure or infection?

The San Diego County Health and Human Services Agency, Epidemiology Unit, recommends that suspected cases of 2019-nCoV should be reported immediately by telephone to the San Diego County Epidemiology Unit at (619) 692-8499 during business hours or at (858)-565-5255 after hours, on weekends, or holidays.

What can I do now?

There is no vaccination for the coronavirus.

With flu activity continuing to increase in San Diego, now is the time to make sure that you are protected against the flu. It is not too late to get a flu shot, which is the best way to prevent the flu and its potentially serious complications. We ask you to join us in keeping your vaccinations up to date, washing your hands often, staying hydrated and helping us prevent the spread of infections.

Where can I find updated information for the U.S. and for San Diego County?

Information published by the San Diego County Health and Human Services Agency, Epidemiology Unit, is available on its website:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV.html

For the latest and most reliable information nationwide, and to learn more about the coronavirus, please visit the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Additional information from the CDC regarding coronaviruses is available at:

<https://www.cdc.gov/coronavirus/index.html>