



Special Edition Health Bulletin: Coronavirus Disease 2019 (COVID-19)

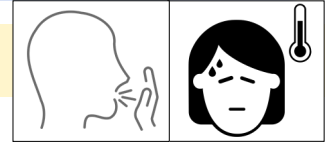
You may have heard about **COVID-19** in the news recently.

- COVID-19 is a virus that was first discovered in December 2019. The first cases were found in China.
- Because it's so new, we are still learning about this virus. Information may change frequently.
- So far, we know that it looks a lot like other respiratory viruses, like colds or the flu.



What are the symptoms of COVID-19?

- People with the virus sometimes get fevers, a cough, or have trouble breathing.
- Most people who have the virus don't get really sick, but some people do and might need to go to the hospital.
- Older adults and people with chronic medical conditions may be at increased risk for severe disease.
- Most people who get sick from the virus start to feel symptoms between 2 and 14 days after they catch it.



How does COVID-19 spread from person-to-person?

- This virus seems to be spreading mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets when someone who is sick coughs or sneezes near others. These droplets can land in the mouths or noses of people who are nearby or even be inhaled into the lungs.
- It also could spread when a person touches an object that has the coronavirus on it and then touches their mouth, nose or eyes.

Who is at risk of getting COVID-19?

- Right now, the risk of catching the virus in Philadelphia is very low.
- Many people who have been sick with the virus got it while they were traveling in places where it is spreading.
- People who were in affected areas recently or were around people who were sick with the virus are at the greatest risk for getting COVID-19.

How can I protect myself from getting COVID-19?

- **There is no vaccine to prevent the virus.** The best way to avoid catching the virus is to do all of the things you normally do during cold and flu season to avoid getting sick or getting other people sick:
 - Wash your hands often with soap and water, or use hand sanitizer;
 - Try not to touch your eyes, nose or mouth if you haven't washed your hands;
 - Try to stay away from people who are sick;
 - If you are sick, stay home and try to stay away from other people;
 - Always cover your mouth and nose with a tissue or your sleeve when you cough or sneeze;

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- Using a mask is only recommended for someone who could have or is confirmed to have the virus and their caretakers.

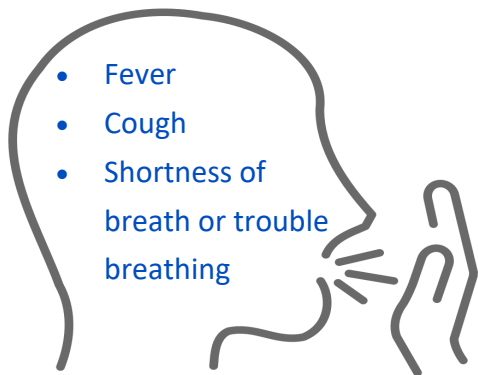
How do you treat COVID-19?

- Most people who have had the virus get better just by resting, drinking fluids and taking fever medicine like Tylenol or ibuprofen.
- For people who get sicker, they may need to go to the hospital.
- Currently, there is no specific medicine or cure to treat this virus.

What should you do if you are around someone who has COVID-19?

If you have traveled recently, or if you have been around someone who might have the virus, check yourself for symptoms for 14 days.

The symptoms you should look for are:



- Fever
- Cough
- Shortness of breath or trouble breathing
- Body aches
- Sore throat
- Headache
- Runny nose
- Vomiting
- Diarrhea
- Chills

If you get any of these symptoms within 14 days of traveling to an affected area or being around someone with the virus, call your doctor right away.

Tell your doctor you might have had contact with someone with the virus and tell them your symptoms.



If someone has a fever or a cough, does that mean they have COVID-19?

- Winter in Philadelphia is a time when lots of respiratory viruses are making people sick.
- The common cold and the flu are some of the things that can also cause people to cough or have a fever. If someone in Philadelphia is coughing or feeling sick, they probably have one of these other diseases.
- Remember to practice good hygiene like washing your hands often.
- This will help protect you from many of the respiratory viruses that are around during this time of year.



What is the Health Department doing about COVID-19?

The Health Department is closely monitoring this evolving situation. The Health Department is working with other city agencies, state and federal partners, and the healthcare community to make sure Philadelphia is prepared for novel coronavirus. Stay updated by following @PHLPublicHealth on Twitter.

Is it safe to travel to places where COVID-19 cases have occurred?

- Currently, travel to mainland China, South Korea, Italy and Iran is not recommended. All nonessential travel should be avoided. Transmission is also happening in other countries, so guidance may change frequently.
- CDC is regularly updating travel advisories. Stay up to date with CDC's travel notices related to this outbreak:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>