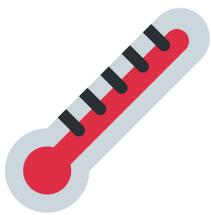


Novel Coronavirus (COVID-19)

What are coronaviruses?

Coronaviruses are a group of viruses that can cause a range of illnesses from the common cold to severe respiratory infection like pneumonia. The 2019 novel coronavirus (COVID-19) is a virus that has been identified as the cause of an outbreak of respiratory illness initially detected in Wuhan, China in December of 2019. As of March 3, 2020 there is one confirmed case in NC.

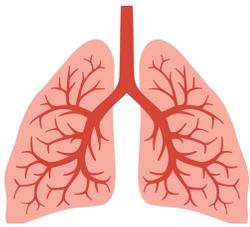
What are the symptoms?



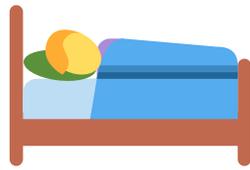
Fever



Cough



Difficulty
Breathing



Severe
Illness

How do coronaviruses spread?

Through coughing and sneezing.

Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands.

Close personal contact, such as touching or shaking hands.

People who traveled to or from **outbreak-affected areas**, or who had contact with someone who has COVID-19, may have been exposed to the virus. Call your doctor if you develop a fever, cough or difficulty breathing within 14 days of traveling or having close contact with a COVID-19 case.

If you may have been exposed and feel sick:

- Stay home and avoid contact with others. Do not go to work, school or daycare, and do not travel while sick.
- Before you go to the doctor's office, emergency room or urgent care, call ahead and tell them about your recent travel and your symptoms.
- Inform your local health department. 252-728-8550
- Cover your mouth and nose with a tissue or into your elbow (not your hands) when coughing or sneezing. Immediately, throw tissue in the trash.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer (at least 60% alcohol) if soap and water are not available.

Prevention of COVID-19

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 surfaces. (door knobs, countertops, etc)

Follow the CDC's recommendations for wearing face masks. Currently the CDC does not recommend wearing face masks to prevent respiratory diseases.

Make sure you are getting reliable information from reliable sources.

You can find updates on COVID-19 on the CDC website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) and guidance from the North Carolina Division of Public Health at [ncdhhs.gov/coronavirus](https://www.ncdhhs.gov/coronavirus).

The Carteret County Health Department is monitoring the Coronavirus situation closely.



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