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. A novel (new) coronavirus is a new strain of coronavirus that hasn't been identified before in humans.

How is it spread?

Through coughing and sneezing

Close personal contact, such as touching or shaking hands

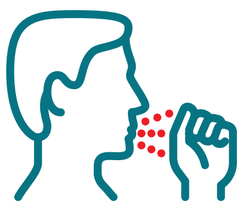
Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

Because novel coronavirus is new, we are learning more each day about the transmission patterns and incubation periods

People who have traveled to or from China 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.

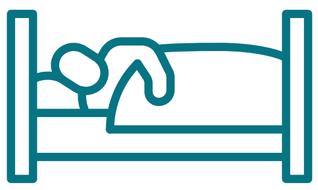
What are the symptoms?

Fever



Cough

Difficulty Breathing



Severe Illness

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.

Adapted from Los Angeles County Department of Public Health

Indiana State Department of Health