
Novel Coronavirus

What You Need to Know



What is novel coronavirus (2019-nCoV)

Novel Coronavirus, or 2019-nCoV, is a new respiratory virus first identified in Wuhan, Hubei Province, China in December 2019.

What are the symptoms of 2019-nCoV?

People diagnosed with 2019-nCoV have reported mild to severe respiratory illness 2 to 14 days after exposure. Symptoms include:

- fever
- cough
- shortness of breath

How is 2019-nCoV spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses and respiratory illnesses are spread mainly via respiratory droplets of an infected person, through

- the air when an infected person coughs or sneezes
- touching a surface or object that has virus on it and then touching your mouth, nose, and/or eyes.

Has anyone in the United States gotten infected?

There has been a limited number of 2019-nCoV cases confirmed in the United States from travelers returning to the U.S. from abroad.

Am I at risk for 2019-nCoV infection?

Currently in the United States, there is a low risk of 2019-nCoV infection to the general public. However, this is a rapidly evolving situation and the risk assessment may change.

The risk to individuals is dependent on exposure. At this time, some people will have an increased risk of infection, for example healthcare workers caring for 2019-nCoV patients and other close contacts. For the general American public, who are unlikely to be exposed to this virus, the immediate health risk from 2019-nCoV is considered low.

Can I still travel to countries where 2019-nCoV cases have occurred?

The Centers for Disease Control and Prevention (CDC) has recommended avoiding all nonessential travel to Hubei Province, China, including Wuhan. Travelers to China and other countries should practice usual precautions, including avoiding contact with sick people, avoiding animals (alive or dead) and animal markets, and washing their hands often.

The situation is evolving, and these notices may be updated as more information becomes available. Check CDC at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html> for the most current travel alerts.

What if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should get medical care. Call your health care provider's office before you go and tell them about your travel and symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out, and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine or treatments?

There is not a vaccine or specific treatment recommended for 2019-nCoV. People with 2019-nCoV can seek medical care to help relieve symptoms.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus. The simple everyday actions you can take to help prevent the spread of flu and the common cold will also help prevent the spread of coronaviruses. These include:

- Washing your hands often with soap and water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer.
- Covering your nose and mouth with a tissue when you cough or sneeze, then throwing the tissue in the trash.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Avoiding close contact, such as kissing, sharing cups, or sharing eating utensils, with people who are sick.
- Cleaning and disinfecting frequently touched surfaces, such as toys and doorknobs.



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CLEANING AND DISINFECTING HARD SURFACES



What You Need to Know

What should be used to clean and disinfect hard surfaces?

When a surface is visibly dirty, wash with a general household cleaner (soap or detergent). Rinse with water and follow with a disinfectant. When a surface is not visibly dirty, clean with a commercial product that is both a detergent (cleans) and a disinfectant (kills germs). Wear disposable gloves. Make sure the disinfectant product you choose is registered with the United States Environmental Protection Agency (EPA) and includes an EPA registration number on it. For a list of EPA-registered disinfectants visit: www.epa.gov/oppad001/chemregindex/html.

What surfaces should be cleaned and disinfected?

Hard surfaces that are touched often or by more than one person need to be cleaned and disinfected as explained above. Examples of hard surfaces include:

- Countertops
- Tabletops
- Doorknobs/door handles
- Microwaves
- Bathroom surfaces
- Desktops

Use sanitizer cloths on electronic items that are touched often. These items include computers, keyboards, computer mice, telephones, remote controls, light switches, door knobs and hand-held video games. Also use sanitizer cloths on car door handles, steering wheels, and gear shifts in vehicles.

What if disinfectants are not available?

If disinfectants are not available, use a chlorine bleach solution made by adding one ounce of fresh bleach to nine ounces of water. Spray or use a cloth to apply to surfaces and let stand for 10 minutes if possible.

Rinse with clear water.

NOTE:

Minimum disinfectant concentrations are needed for different infectious agents and surfaces. In general, a bleach concentration of 10% is effective against most infectious agents for most surfaces. For more detailed information visit the EPA disinfectant web page at: www.epa.gov/oppad001/chemregindex.html.

When using chlorine bleach to disinfect surfaces, use an unopened bottle. Chlorine bleach loses its effectiveness 30 days after opening. A fresh bleach/water solution should be made daily.

REMEMBER:

Always follow label instructions carefully when using cleaners and disinfectants. Pay attention to any hazard warnings and instructions on labels for using personal protective items such as household gloves.

DO NOT MIX DISINFECTANTS AND CLEANERS

HAND WASHING INSTRUCTIONS:

- Use soap and running water
- Rub your hands vigorously for 20 seconds
- Wash all surfaces, including:
 - Backs of hands
 - Wrists
 - Between fingers
 - Under fingernails
- Rinse well
- Dry hands with a paper towel
- Turn off the water using a paper towel instead of bare hands



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Hand Washing

What You Need to Know



The most important thing you can do to prevent the spread of illness is to wash your hands and your children's hands thoroughly and often.

This is how you should wash your hands:

- Rub your hands together vigorously for at least 20 seconds using warm running water and soap. Make sure you have lots of bubbles.
- Wash under fingernails, between fingers, back of hands and wrists.
- Rinse your hands well under running water.
- Dry hands completely. In the home, change hand washing towels often.

In public bathrooms:

- Dry your hands with a single-use paper towel (or hot air blow dryer).
- If your towel dispenser has a handle, be sure to roll the paper down before you wash your hands. This helps to ensure that you will not pick up new germs from the handle.
- For hand-held faucets, turn off water using a paper towel instead of bare hands so you will not pick up new germs on your clean hands.
- Open the bathroom door with the same paper towel.

These are times when you should wash your hands:

- After you use the bathroom or help a child use the bathroom.
- After you change a diaper.
- After you handle items soiled with body fluids or wastes such as blood, drool, urine, stool or discharge from nose or eyes.
- After you clean up messes.
- After you handle a sick child.
- Before you prepare or serve food.
- Before you eat or drink.
- After touching an animal or pet.

Teach and show children how to wash hands correctly. They should wash hands after:

- Arriving home from day care, a friend's home, an outing, or school.
- Using the toilet or having their diapers changed.
- Touching a child who may be sick or handling soiled items.
- Eating or drinking.
- Touching an animal or pet.

Always practice healthy habits:

- Cover mouth and nose with a tissue when sneezing or coughing, or turn away when coughing.
- Immediately throw away used tissues, followed by careful hand washing.
- Avoid sharing objects if they have been in the mouth (pacifiers, toys, silverware, etc.); wash objects in hot, soapy water between use.
- Wash your hands with soap and water after coughing, sneezing or touching common surfaces like door knobs, keyboards and telephones. You can also use alcohol-based hand cleaners.



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