

Novel Coronavirus Frequently Asked Questions

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The 2019 Novel Coronavirus (2019-nCoV) is a virus that was found to be the cause of an outbreak of respiratory illness in Wuhan, Hubei Province, China in December 2019. It is part of a family of viruses called coronaviruses. On January 31, the US declared novel coronavirus a national emergency. As a result, strict measures are being implemented in order to prevent widespread coronavirus in the US. These measures include screening and quarantining many people who have recently traveled to China. At this time, the virus is not currently spreading in the community in the United States and there have been no reported cases in New York State.

How severe is the illness caused by the 2019-nCoV? Health experts are still learning about the illness caused by this new virus. People infected with the virus have had symptoms ranging from those that are mild (like a common cold) to severe pneumonia that requires medical care in a hospital and may be fatal. How does the 2019-nCoV virus spread? This virus probably first came from an animal source but is now known to spread from person-to-person. At this time, it is unclear how easily this virus spreads between people. Currently, there is no ongoing community transmission of 2019-nCoV in the United States and the risk to the general public is low.

Symptoms: Illness may include mild to severe respiratory illness including symptoms of fever, cough, and difficulty breathing. The CDC believes at this time that symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 days after exposure to the virus; but the specific time line is still being determined.

Can illness from the 2019-nCoV be treated? There is no specific antiviral treatment recommended for 2019-nCoV infection as of yet, though several antiviral agents are being evaluated as possible treatment options. People infected with 2019-nCoV should receive supportive care to help relieve symptoms, including hospital admission for severe cases. People who think they may have been exposed to 2019-nCoV or may be sick from 2019-nCoV should contact their healthcare provider immediately.

Can illness from the 2019-nCoV be prevented? There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus.

Currently, there is no ongoing community transmission in the United States and risk to the general public is low, so right now there are no additional precautions recommended for the general public. However, as a reminder, it is always recommended to take everyday preventive actions to help prevent the spread of all respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- 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 objects and surfaces.

Should I use a face mask or N95 respirator in public to prevent illness from the 2019-nCoV?

No. CDC does not currently recommend the use of face masks or N95 respirators among the general public. While limited person-to-person spread among close contacts has been detected, this virus is not currently spreading in the community in the United States.

I'm feeling ill but I did not travel to China. Could I be infected with 2019-nCoV? If you are concerned about your health, contact your healthcare provider. Currently, there is no ongoing community transmission of 2019-nCoV in the United States and the risk to the general public is low. However, if you have had close contact with someone who may have 2019-nCoV and who has recently traveled from China and you feel sick with fever, cough, or difficulty breathing, you should:

- Contact your healthcare provider. Before you go to a doctor's office or emergency room, it is very important that you call ahead and tell them about your close contact exposure and their recent travel/symptoms and your own symptoms.
- Stay home from school and avoid contact with others as much as possible.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- 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.

I traveled to China in the last 14 days and now I feel sick. What should I do? If you traveled to China in the last 14 days and feel sick with fever, cough, or difficulty breathing, you should:

- Contact your healthcare provider right away. Before you go to a doctor's office or emergency room, it is very important that you call ahead and tell them about your recent travel to China and your symptoms.

- Stay home from school and avoid contact with others.
- Do not travel further 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.
- Wash hands often with soap and water for at least 20 seconds. (Need a timer? Hum the “Happy Birthday” song twice from beginning to end.) Use an alcohol-based hand sanitizer if soap and water are not available.

This is a rapidly changing situation. WorkFit Medical is in close contact with the CDC, World Health Organization, and the New York State Department of Health. We are doing what we can to help keep our schools safe.

Sincerely,

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