

**Hudson Regional Health Commission**  
**January 30, 2020**

**Novel Coronavirus, Wuhan, China (2019-nCoV)**

**FACT SHEET**

**What are coronaviruses?**

A coronavirus is a type of common virus that can infect your respiratory tract. They can spread much like cold viruses. Almost everyone gets a coronavirus infection at least once in their life, most likely as a young child. They tend to circulate in the fall and winter.

**What is the 2019 Novel Coronavirus (2019-nCoV)?**

Sometimes a novel (meaning "new") type of coronavirus emerges and begins infecting humans. The type of coronavirus that has recently emerged in Wuhan, China is a new type of coronavirus and is infecting people for the first time, which means people do not have any immunity to it. It is causing an outbreak of respiratory illness.

**What are the signs and symptoms of 2019-nCoV?**

People who have been diagnosed with novel coronavirus have symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms may include fever, cough, and shortness of breath.

**How is 2019-nCoV diagnosed?**

At this time, diagnostic testing for 2019-nCoV can be conducted only at the Centers for Disease Control and Prevention (CDC), this is coordinated through the local and state health departments.

**How is 2019-nCoV treated?**

There is no specific treatment for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital.

**How is 2019-nCoV spread?**

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- The air by 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
- In rare cases, contact with feces (poop)

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**How can I prevent from getting novel coronavirus?**

If you are traveling overseas (to China, but also to other places) follow the CDC's guidance at [www.cdc.gov/travel](http://www.cdc.gov/travel). Right now the novel coronavirus has not been spreading widely in the United States, so there are no additional precautions recommended for the general public.

Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid contact with others
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing

Currently there are no vaccines available to prevent novel coronavirus infections.

**For more information:**

- Call your local health department, Hudson Regional Health Commission (201-223-1133) or the New Jersey Department of Health 24-Hour Public Hotline: **1-800-222-1222**
- Visit the Centers for Disease Control and Prevention website at <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- Visit the New Jersey Department of Health website at <https://www.state.nj.us/health/cd/topics/ncov.shtml>
- Visit the Hudson Regional Health Commission website at <https://www.hudsonregional.org/>



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