

Health Tips: Information on the Coronavirus

Information on the Coronavirus from the NYS Department of Health & NYS Education Department

A new coronavirus called 2019 Novel (new) Coronavirus (2019-nCoV) was first found in Wuhan, Hubei Province, China. This virus had not been found in humans before. This coronavirus can lead to fever, cough and trouble breathing or shortness of breath. There are thousands of diagnosed cases in China and new cases being diagnosed in a number of countries including the United States.

Frequently Asked Questions: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Facts about COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-stop-fear.html>

Fact Sheet: [What you need to know](#)

Prevention

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions/habits to help prevent the spread of respiratory diseases and several viruses including:

- 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 objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Symptoms

Information to date suggests that 2019-nCoV causes mild-to-moderate illness and symptoms like the flu, including fever, cough, and difficulty breathing.

Additional Resources

Based on current information the CDC recommends avoiding travel to China, Iran, South Korea, Italy, Japan and Hong Kong. Updated travel information related to 2019-nCoV be found at:

<https://wwwnc.cdc.gov/travel/notices/warning/novel-coronavirus-china>

CDC's dedicated 2019-nCoV website: <https://www.cdc.gov/nCoV>

NYSDOH's dedicated 2019-nCoV website: <https://www.health.ny.gov/diseases/communicable/coronavirus/>

NYSDOH directory of local health departments: https://www.health.ny.gov/contact/contact_information/

New York State Center for School Health website: www.schoolhealthny.com

Erie County Department of Health information: <http://www2.erie.gov/health/index.php?q=coronavirus>

For information about handwashing, see [CDC's Handwashing](#)

For information specific to healthcare, see [CDC's Hand Hygiene in Healthcare Settings](#)