

What is ACPHD doing to prevent the COVID-19 (Novel Coronavirus) in the community?

- ACPHD staff are contacting, assessing and monitoring any returning travelers from areas affected by the COVID-19 outbreak.
- ACPHD is providing guidance to our government and community partners to respond to this outbreak.
- ACPHD staff continue to update hospital and healthcare communities with guidance on how to identify and respond to possible cases.
- ACPHD will arrange appropriate lab testing.
- If there are any cases in Arlington, ACPHD staff will follow CDC guidance about identifying and monitoring close contacts of a case.
- Staff are available 24/7 to provide this support.

What is COVID-19 (2019 Novel Coronavirus)?

COVID-19 is the new name for 2019 Novel Coronavirus. Coronaviruses are a family of viruses which can make humans and animals sick. Some coronaviruses can cause illnesses similar to the common cold. Others can cause serious illnesses, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

COVID-19 was first detected in Wuhan, China. Since its detection, COVID-19 has spread to other countries in the world. It is called a “novel” virus because it has never been detected before this outbreak.

What are COVID-19 symptoms?

Patients have reported mild to severe illness with:

Fever	Cough	Shortness of Breath
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How do you get a COVID-19 infection?

In order to be infected with the virus, you need to be exposed to it. Public health experts are still confirming how this new coronavirus spreads.

Other coronaviruses, like the common cold, SARS and MERS, spread person-to-person by:

- Respiratory droplets when an infected person coughs or sneezes – this is also how flu spreads.
- Touching objects or surfaces (such as door knobs or tables) that has the virus on it from the respiratory droplets mentioned above and then touching your own mouth, nose, or your eyes.
- Close personal contact (e.g., by touching or shaking hands) with a person who is infectious.

Who is at risk for catching this new virus?

At this time, for the general American public, the immediate health risk from COVID-19 is considered low, according to the Centers for Disease Control (CDC).

Travelers to areas with outbreaks are at risk for being exposed to COVID-19. U.S. residents who have traveled to mainland China (including Wuhan city and Hubei Province) are at greatest risk of being exposed. Also, U.S. residents who travel to other countries with community spread of COVID-19 may be at increased risk.

This is a rapidly changing situation - visit:

- <https://wwwnc.cdc.gov/travel/notices>
- www.cdc.gov/coronavirus/2019-ncov/about/index.html

What if I have been to mainland China or any other identified outbreak-affected areas recently?

Asymptomatic travelers who have recently visited outbreak affected areas should monitor themselves for symptoms for 14 days after returning.

Travelers returning from mainland China should contact ACPHD to assess any possible exposure to COVID-19.

If you feel sick with fever, develop a cough or have shortness of breath, you should:

- Seek medical care right away. If you can, please call your doctor or emergency room before seeking care and tell them about your travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.

How can you protect yourself and your family?

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose with a tissue or sleeve (not hands) when coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick.
- Avoid contact with sick people as much as possible.
- Avoid non-essential travel.
- Get your annual flu shot if you haven't already. You don't want to be vulnerable to getting sick with both flu and COVID-19. To find a flu shot visit:

<https://www.cdc.gov/flu/freeresources/flu-finder-widget.html>