# WHAT YOU NEED TO KNOW – COVID-19

**COVID-19** CORONAVIRUS DISEASE

For more information: **www.cdc.gov/COVID19**

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the United States get COVID-19?

COVID-19 is spreading from person to person in China and limited spread among close contacts has been detected in some countries outside China, including the U.S. At this time, however, this virus is not currently spreading in communities in the U.S.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/ transmission.html.

## How can I help protect myself?

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Wash your hands often with soap and water for at least 20 seconds.
- If soap & water aren't available - Use an alcohol based hand sanitizer that contains at least 60% alcohol

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your healthcare provider before you go, and explain your travel and symptoms. They will give you instructions on how to get care without exposing other people to your illness.
For more travel guidance from the CDC - https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html