

# What is Novel Coronavirus 2019 (COVID-19)?

**T**here are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. **COVID-19** is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans.

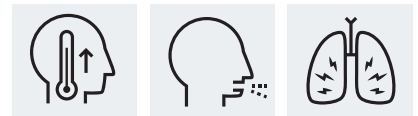
The virus is most often spread from person-to-person and from contact with infected surfaces or objects.

**While COVID-19 has a high transmission rate, its mortality rate is relatively low.**

## What are the symptoms of COVID-19?

Patients with COVID-19 have reported mild to severe respiratory symptoms, including:

- Fever
- Cough
- Shortness of breath
- Symptoms may appear 2-14 days after exposure.



## How to protect yourself from coronavirus?

- Wash hands with soap and water for at least 20 seconds
- Use hand sanitizer that contains at least 60% of alcohol
- Avoid touching eyes, nose or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay at home when you are sick with respiratory symptoms like fever and cough
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched surfaces and objects



## What if you have symptoms?

- Call your health care provider or local health department before seeking care
- Disclose your travel history
- While sick, stay at home and avoid contact with people
- Monitor your symptoms