HEALTH & WELLNESS NEWS

PUBLIC HEALTH DIVISION
Health Security, Preparedness and Response (HSPR)

Oregon Health Authority

Novel Coronavirus

Fact Sheet

What is novel coronavirus?

Novel coronavirus (COVID-19) is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus. It has the potential to cause severe illness and pneumonia in some people and there is not a treatment.

How does novel coronavirus 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

How severe is novel coronavirus?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

Fever

Cough

Difficulty breathing

What should I do if I have symptoms?

Call your healthcare provider to identify the safest way to receive care. Let them know if you have traveled to an affected area within the last 14 days.

Who is at risk for novel coronavirus?

Your risk of getting COVID-19 relates to your exposure to the virus. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

Novel coronavirus (COVID-19) Fact Sheet — continued 2

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent from getting novel coronavirus?

If you are traveling overseas follow the CDC's guidance: wwwnc.cdc.gov/travel.

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 an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home while you are sick and avoid close contact with others
- Cover your cough or sneeze with a tissue, then throw it away. If you don't have a tissue, cough into your elbow.
- Clean and disinfect objects and surfaces that you frequently touch.

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

How is novel coronavirus treated?

There are no medications specifically approved 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 cases develop pneumonia and require medical care or hospitalization.

For more information:

www.healthoregon.org/coronavirus

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You can get this document in other languages, large print, braille or a format you prefer. Contact the Public Health Division at 971-673-0977 or 971-673-0372. We accept all relay calls or you can dial 711.

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Reasons to Take a Deep Breath

Sends a message to your brain that says "everything will be okay...and you can get through hard things."

Helps you to solve problems and find solutions.

Helps you to feel more calm and capable.

Decreases tension, stress and anxiety

Grows the thoughtful pre-fontal cortex part of your brain

Clears up foggy thinking and improves memory, attention, focus & concentration.

Acts like a "pause" or "reset button, moving out of a Flight-Fight-Freeze state into a Relaxed & Responsive state.

Decreases blood pressure and slows down your heart rate.

This information is provided to you by the Indigenous Project LAUNCH (Linking Actions for Unmet Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families.

All adults age 18 and older should be screened for hepatitis C virus at least once according to updated guidelines from the Centers for Disease Control and Prevention (CDC).

"The CDC guidance is necessary to increase the screening and surveillance of hepatitis C so that we can identify, treat and cure hundreds of thousands of Americans who don't know they are living with the illness and are unknowingly passing it on to their loved ones," said National Viral Hepatitis Roundtable Director Lauren Canary. "Especially at a time when liver disease and other underlying illnesses place thousands at increased risk of COVID-19, it is more important than ever to increase the screening and treatment of hepatitis C."

If you haven't been tested for hepatitis C, ask your doctor!!

GET TESTED AND GET CURED