

Coronavirus Disease 2019

What You Need to Know

Why should I know about the Coronavirus Disease 2019 (COVID-19)?

A novel coronavirus (COVID-19) is a new coronavirus that has not been previously identified. The virus likely originated from an animal source, however, it appears to be spreading from person to person now. Numerous cases have been confirmed in China, including cases outside Wuhan City and it has been spread outside of China, including in the US.

Symptoms of COVID-19



Fever



Coughing

Majority is dry cough



Shortness of breath

*Symptoms may appear 2-14 days after exposure

*4.8% associated with nasal congestion

How is it spread?

- Through coughing and sneezing
- Close personal contact
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

COVID-19 vs. the Flu

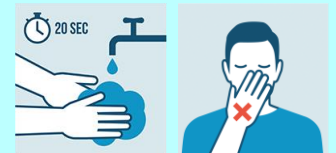
- Influenza and COVID-19 are both infectious respiratory illnesses;
- The symptoms of the flu and COVID-19 can look similar
- The flu and COVID-19 may be transmitted in similar ways, but COVID-19 might be spread through the airborne route;
- Antiviral medicine and vaccines exist for the flu, but not yet for coronavirus.



How to protect you & your family?

Prevention:

- Wash hands often with soap and water for at least 20 seconds. If soap and water are unavailable, use alcohol-based hand sanitizer that contains at least 60% alcohol
- Clean frequently touched objects and surfaces with soap and water or disinfectant
- Avoid touching eyes, nose, and mouth with unwashed hands. Wash hands before eating and drinking
- Boost immune system with proper nutrition, hydration, exercise, and sleep




If you are sick:

- Stay home unless you need medical treatment
- Before visiting your doctor's office, call ahead and explain your condition
- A face mask may prevent you from infecting others. Make sure the nose and mouth are covered
- Sneeze and cough into sleeve or tissues. Dispose of tissues/phlegm properly



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2019 新型冠狀病毒

您需要知道什麼

爲什麼我需要認識2019新型冠狀病毒 (COVID-19)?

2019新型冠狀病毒 (COVID-19) 是新發現的冠狀病毒。該病毒可能來源於動物，但是現在正在人與人之間傳播。在中國已確認了眾多例(包括武漢市以外的病例)。它已經傳播到中國以外，包括美國。

新冠肺炎的症狀



發燒



咳嗽

大多數表現為乾咳



呼吸急促

*如果您在過去2週內到過中國並在14天內出現以上症狀，請致電您的醫生

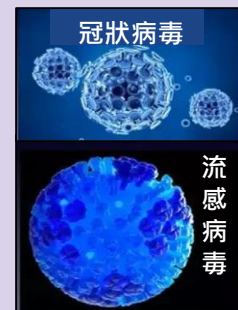
*4.8%表現為鼻塞和流鼻涕

新冠病毒如何傳播？

- 通過打噴嚏和咳嗽的飛沫傳播
- 與感染者密切接觸
- 接觸被病毒污染的物品表面，然後用未清洗乾淨的手觸碰嘴巴、鼻子、或眼睛

新冠病毒 vs. 流感

- 流感和新管病毒均為傳染性呼吸道疾病；
- 流感和新冠病毒的症狀很相似；
- 流感和新冠病毒的傳播方式類似，但新冠病毒可能會通過氣溶膠傳播；
- 抗流感病毒的藥物已經存在，但對付新冠病毒的藥物尚未存在。



我應該如何預防新冠病毒？

預防：

- 經常使用肥皂和水洗手，并且至少持續20秒。如果情況不允許，使用酒精含量至少60%的搓手液清潔雙手
- 用肥皂和水或消毒劑清潔高頻接觸的物體表面
- 避免用未清洗的手觸摸臉部區域，飲食前請洗手
- 通過適當的營養，水分，運動和睡眠來增強免疫系統

如果生病了：

- 除就醫外，請留在家中
- 就診前請先致電您的醫生，并告訴他們您的情況
- 口罩可以阻止您傳染其他人，因此要確保鼻子和嘴巴被完全遮蓋
- 咳嗽或打噴嚏時使用紙巾或手肘遮掩口鼻 (不要直接用手)。不要隨意在人行道上吐痰



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