

What is a novel coronavirus?

Coronaviruses are a family of viruses that cause respiratory infections. Sometimes a new (referred to as “novel”) coronavirus begins causing infections in humans. When a new coronavirus emerges, it is referred to as a novel (meaning “new”) coronavirus. The virus that causes COVID-19 is a novel coronavirus that began infecting humans in 2019. Health experts are concerned when a novel coronavirus emerges because they are unpredictable and people have no immunity to them.

How does COVID-19 spread?

Health experts are still learning the details about how this new coronavirus, COVID-19 spreads. The virus is thought to spread mainly from person to person:

- Between people who are in close contact with one another (within about 6 feet) by respiratory droplets produced when a person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- 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.
- In rare cases, contact with feces (poop).

How severe is novel coronavirus?

Health experts are still learning about the illness caused by the new virus. People infected have had illness that has ranged from mild (like a common cold) to severe pneumonia that requires medical care in a hospital. So far, deaths have been reported mainly in older adults and people who had other health conditions.

What are the symptoms?

People who have been diagnosed with COVID-19 have symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms may include fever, cough, and shortness of breath.



How can I prevent getting novel coronavirus?

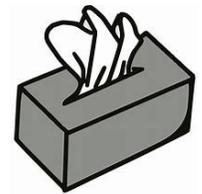
If you are traveling to areas affected by outbreaks of the virus, follow the CDC's guidance at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Steps you can take to prevent spread of flu and the common cold will also help prevent COVID-19:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with people who are sick
- Stay home while you are sick and avoid contact with others
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing



Currently there are no vaccines available to prevent COVID-19 infections.



How is novel coronavirus treated?

There is no specific treatment for COVID-19. Most people with mild COVID-19 illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some people develop pneumonia and need medical care or treatment in a hospital.

Stay home except to get medical care. People who are mildly ill with COVID-19 are able to isolate themselves at home while they are sick. You should not be out in the community, except to get medical care if needed. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from others in your home as much as possible if you are sick. Stay in a specific room away from others. Use a separate bathroom if possible.

For more information: <https://www.nj.gov/health/cd/topics/ncov.shtml>

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**The NJ Poison Control Center and 211
have partnered with the State to provide
information to the public on COVID-19:**

Call 2-1-1

Call 1-800-962-1253