

Coronavirus Disease 2019: General Information

What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory disease caused by a new virus strain that can spread from person to person. Health experts are concerned about this virus because it is new, little is known about it, and it has the potential to cause severe illness including pneumonia in some people.

How does the virus spread?

Health experts are still learning the details about how this virus is spread, but it is thought to be spread mainly from person to person.

Between people who are in close contact (within about 6 feet).



Through respiratory droplets produced by an infected person's coughs or sneezes.



It may be possible for the virus to be spread through touching infected surfaces or objects and then touching your own mouth, nose, or possibly eyes, but this is NOT thought to be the main way the virus spreads.

What are the symptoms and severity of illness?

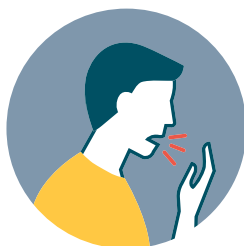
Health experts are still learning about the range of the illness caused by the new virus strain. Reported cases have ranged from patients without any symptoms to mild to severe symptoms. Reports show older adults and people with underlying health conditions are more likely to be severely impacted by COVID-19.

Symptoms can appear 2 to 14 days after exposure to the virus. The most common symptoms reported are:

Fever



Cough



Fatigue



Shortness of breath or difficulty breathing



Who is at risk for coronavirus disease 2019?

Currently the risk to the general public is low. At this time, there are several states with a small number of individual cases reported. To minimize the spread of disease, public health officials and healthcare providers are working together to quickly identify and evaluate any suspected cases. Travelers to and from certain areas of the world may be at an increased risk. Viruses cannot target people from specific populations, ethnicities, or racial backgrounds.

How can I protect myself and loved ones from coronavirus disease 2019?

Cases have been reported in several U.S. states, but COVID-19 has not been spreading widely in the U.S. The steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus.



Stay home if you are sick and avoid close contact with others.

Wash hands often with soap and water for at least 20 seconds. If soap and water is not available, use an alcohol-based hand sanitizer.



Avoid touching your mouth, nose, or eyes with unwashed hands.

Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surface.

Follow the same family plans and kits that people may use for flu season or severe weather season.

If you are traveling overseas follow the CDC's guidance on travel:

www.cdc.gov/coronavirus/2019-ncov/travelers

Is there treatment for coronavirus disease 2019?

Currently there is not a vaccine or an antiviral (medicine) to protect against COVID-19. Most people with mild illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever reducing medications to relieve symptoms. However, people can develop pneumonia and require medical care or hospitalization.

For more information please visit:

www.dhhs.ne.gov/coronavirus

www.cdc.gov/COVID19