Coronavirus Disease 2019: Share the Facts, Stop Fear

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In January 2020, the United States Health and Human Services Secretary declared a public health emergency in response to the coronavirus disease 2019 outbreak. Below are some facts about the disease you might find helpful.

Crisis and Disaster

What is Coronavirus Disease 2019?

According to the Centers for Disease Control and Prevention (CDC), coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Share the Facts, Stop Fear

1 **Diseases can make anyone sick regardless of their race or ethnicity.** People of Asian descent, including Chinese Americans, are not more likely to get COVID-19. Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

2 **For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.** Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

3 **Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

4 **You can help stop COVID-19 by knowing the signs and symptoms.** According to the CDC the following can be signs of COVID-19:

- Fever
- Cough
- Shortness of breath

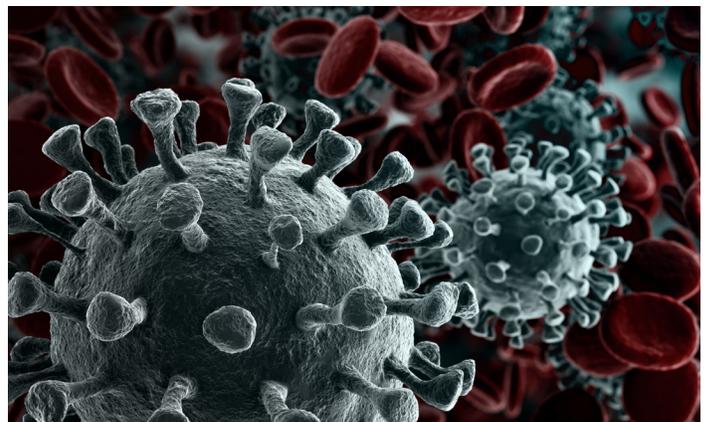Seek medical advice if you develop symptoms and have been in close contact with a person known to have COVID-19 or live in or have recently traveled from an area with ongoing cases. Call ahead before you go to a doctor's office or emergency room.

5 **There are simple things you can do to help keep yourself and others healthy.** The CDC suggests:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For the most up-to-date information about the coronavirus disease 2019 visit the CDC website at *www.cdc.gov/coronavirus/2019-nCoV*.

Outbreaks like this can create an elevated level of anxiety. Your Employee Assistance Program (EAP) is a free benefit that can assist you with behavioral health and other resources that may be helpful.

Source: Centers for Disease Control and Prevention
https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-stop-fear.html