



Education: Coronavirus Disease (COVID-19)

The Coronavirus disease (COVID-19) is caused by a virus known as 2019 Novel Coronavirus (2019-nCoV). It is an illness that was detected in Wuhan, China, in December 2019, and has spread to other countries. It can cause fever, cough, and trouble breathing. In severe cases, it can cause pneumonia.

Coronaviruses are a large group of viruses. They cause the common cold. They also cause more serious illnesses like Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The 2019-nCoV is called a novel coronavirus. That's because it's a new type that has not been seen in people before. Viruses like these may spread through droplets from coughing and sneezing and through direct contact.

What can you do to protect yourself from Coronavirus disease (COVID-19)?

The best way to protect yourself from getting sick is to:

- Avoid areas where there is an outbreak.
- Avoid contact with people who may be infected.
- Wash your hands often with soap or alcohol hand cleaners.
- Avoid touching your mouth, nose, and eyes with unwashed hands.

To help avoid spreading the virus to others:

- Cover your mouth with a tissue when you cough or sneeze. Then throw the tissue in the trash.
- Use a disinfectant to clean things that you touch often.
- Stay home if you are sick.

Where can you get the latest information?

These health organizations are tracking and studying the coronavirus. Their websites contain the most up-to-date information. You'll also learn what to do if you think you may have been exposed.

- **U.S. Centers for Disease Control and Prevention (CDC):** The CDC provides frequently updated news about the disease. The website also tells you how to prevent the spread of infection. www.cdc.gov
- **World Health Organization (WHO):** WHO offers information about the virus outbreaks. WHO also has travel advice. www.who.int

For more information visit www.healthwise.net/magellanhealth and search for "Coronavirus Disease (COVID-19)."



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