

## What is a novel coronavirus?

Novel (meaning “new”) coronavirus is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness in some people.

## How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- The air by coughing and sneezing
- 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 who had other health conditions.

## What are the symptoms?

People who have been diagnosed with novel coronavirus 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.



## Who is at risk for novel coronavirus?

Currently, there is a widespread outbreak in Wuhan, China. At this time, the risk in the U.S. to the general public is low. At this time, there are a small number of cases in the U.S. To limit the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate anyone they think may have the virus.

Travelers to and from certain areas of the world may be at increased risk. See [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) for the latest travel guidance from the CDC.

## How can I prevent from getting novel coronavirus?

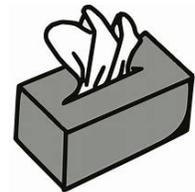
If you are traveling overseas (to China, but also to other places) follow the CDC's guidance at [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel).

Right now the novel coronavirus has not been spreading widely in the United States, so there are no additional precautions recommended for the general public. Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- 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 novel coronavirus infections.



## How is novel coronavirus treated?

There is no specific treatment for coronavirus. Most people with mild coronavirus 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.

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

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## ¿Qué es el nuevo coronavirus?

El nuevo coronavirus es una cepa del virus que comenzó a propagarse entre las personas en diciembre de 2019. Los expertos en salud están preocupados porque es poco lo que se conoce sobre este nuevo virus, que puede provocar enfermedades graves en algunas personas.

## ¿Cómo se contagia el nuevo coronavirus?

Los expertos en salud todavía están descubriendo los detalles de cómo se contagia el nuevo coronavirus. Otros coronavirus se contagian de una persona infectada a otras por medio de lo siguiente:

- El aire, al toser o estornudar
- El contacto directo, al rozarse o darse la mano
- El contacto con un objeto o una superficie que contenga el virus y el posterior contacto con la boca, la nariz o los ojos
- El contacto con las heces, en raras ocasiones

## ¿Cuál es la gravedad del nuevo coronavirus?

Los expertos en salud todavía están descubriendo información sobre esta enfermedad provocada por el nuevo virus. Las personas infectadas desarrollaron enfermedades que van de leves (como un resfriado común) a graves, como neumonía que requiere atención médica en un hospital. Hasta ahora, se informaron muertes principalmente en adultos mayores que tenían otros problemas de salud.

## ¿Cuáles son los síntomas?

Los síntomas en las personas con un diagnóstico del nuevo coronavirus pueden aparecer en apenas dos días o hasta 14 días después de la exposición al virus. Los síntomas pueden incluir fiebre, tos y dificultad para respirar.



## ¿Quiénes corren riesgo de contraer el nuevo coronavirus?

En estos momentos, hay un brote generalizado en Wuhan, China. Ahora mismo, el riesgo para la población en general de los EE. UU. es bajo. Hasta ahora, se registra una pequeña cantidad de casos en los EE. UU. Para reducir el riesgo de contagio, los funcionarios del área de la salud trabajan con los proveedores de atención médica para identificar y evaluar rápidamente a cualquier persona que consideren que pueda tener el virus.

Las personas que viajan desde y hacia ciertas áreas del mundo pueden correr mayor riesgo. Visite el sitio [www.nc.cdc.gov/travel](http://www.nc.cdc.gov/travel) para acceder a la guía para el viajero más actualizada de los Centros para el Control y la Prevención de Enfermedades (CDC).

## ¿Cómo puedo evitar el contagio del nuevo coronavirus?

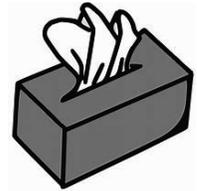
Si viaja al exterior (a China y también a otros lugares), siga la guía de los CDC disponible en [www.nc.cdc.gov/travel](http://www.nc.cdc.gov/travel).

En este momento, el nuevo coronavirus no se ha propagado ampliamente en los Estados Unidos, por lo que no hay medidas de precaución adicionales para la población en general. Las medidas que se toman para prevenir el contagio de la gripe y el resfriado común también pueden ayudar a prevenir el coronavirus:

- Lávese las manos frecuentemente con agua y jabón. Si no puede hacerlo con agua y jabón, utilice un desinfectante para manos.
- Evite tocarse los ojos, la nariz o la boca con las manos sucias.
- Evite el contacto con personas que estén enfermas.
- Si está enfermo, permanezca en su casa y evite el contacto con otras personas.
- Cúbrase la boca y la nariz con un pañuelo descartable o la manga al toser o estornudar.



En la actualidad, no hay vacunas disponibles para prevenir las infecciones por el coronavirus.



## ¿Cómo se trata el nuevo coronavirus?

No existe ningún tratamiento específico para el coronavirus. La mayoría de las personas con enfermedades leves provocadas por el coronavirus se recupera sola. Para ello, es necesario beber mucho líquido, descansar y tomar analgésicos y antifebriles. Sin embargo, algunas personas desarrollan neumonía y requieren atención médica o tratamiento en un hospital.

**Para conocer más información: <https://www.nj.gov/health/cd/topics/ncov.shtml>**

Siga al Departamento de Salud de Nueva Jersey en [Twitter](#) @njdeptofhealth, [Facebook](#) /njdeptofhealth e [Instagram](#)@njdeptofhealth.



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## **Novel Coronavirus 2019 (2019-nCoV) Information for K-12 Schools**

Many K-12 school administrators, teachers and parents within New Jersey are concerned about how the current outbreak of the 2019 Novel Coronavirus (2019-nCoV) in Asia will impact their communities and wish to take appropriate steps to mitigate any risks. The word “novel” means new. The Centers for Disease Control and Prevention (CDC) is working hard to learn as much as possible about this new virus so that they can better understand how it spreads and its associated illness. The New Jersey Department of Health is also working hard by developing guidance and education materials should this new virus impact our residents.

### **What is the difference between seasonal and novel coronavirus?**

Coronaviruses are a family of viruses and there are different types of coronavirus within that family, much like there are different types of influenza viruses. Coronaviruses in general are not new, they are quite common and are a frequent cause of respiratory illnesses such as the common cold. Coronaviruses tend to circulate in the fall and winter months, similar to influenza. Most people get infected with these viruses at some point in their lives.

The type of coronavirus that has recently emerged in Wuhan, China is a **new type** of coronavirus and is infecting people for the first time (which means that people do not have any immunity to it).

### **What are common symptoms of 2019-nCoV?**

Information to date suggests this virus is causing symptoms consistent with a respiratory illness such as cough, fever, and shortness of breath.

### **How is 2019-nCoV spread?**

At this time, it's unclear how easily or sustainably this virus is spreading between people. Chinese officials report that sustained person-to-person spread in the community is occurring in China. Person-to-person spread in the United States has not yet been detected, but it's likely to occur to some extent. Cases in healthcare settings, like hospitals, may also occur.

### **How is 2019-nCoV treated?**

Currently, there is no specific antiviral treatment recommended for the coronavirus. There is no vaccine to prevent this virus, and the CDC advises that the best way to prevent infection is to avoid being exposed to this virus.

### **What precautions should be taken for a person who traveled to China?**



The CDC recommends that travelers avoid non-essential travel to Wuhan, China. Chinese officials have closed transport within and out of Wuhan.

If a person travelled to China in the last 14 days and is sick with fever, cough or difficulty breathing they should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

If a traveler who returns from China is not ill, they may continue to attend school.

### **What preventive measures should a school take to help reduce the spread of respiratory illness?**

NJDOH recommends that schools and childcare settings increase education on respiratory hygiene. Staff and children (as developmentally appropriate) should all be taught and asked to follow these steps that prevent the transmission of respiratory infections:

- Cover your coughs and sneezes with a tissue or into your sleeve, not your hands.
- Avoid touching your eyes, nose and mouth.
- Wash hands often for at least 20 seconds, especially after coughing or sneezing. Use alcohol-based hand sanitizer if soap and water are not available.
- Stay home if you're sick, especially with a fever.
- Avoid people who are sick.
- Clean and disinfect frequently touched surfaces and objects.

Additional preventive measures include:

- Adhere to exclusion recommendations from public health. For acute respiratory illness; fever free for 24 hours without fever reducing medication. Doctors notes for return do not supersede public health recommendation.
- Separate sick students and staff from others until they can be picked up to go home.
- Provide adequate supplies, including clean and functional handwashing stations, soap, paper towels, and alcohol-based hand sanitizer.
- Encourage routine surface cleaning through education, policy, and the provision of supplies.
- Get a flu shot – it's not too late to be protected!

### **School Cleaning Procedures**

Special sanitizing processes beyond routine cleaning, including closing schools to clean every surface in the building are not necessary or recommended to slow the spread of respiratory illness. Schools should



follow standard procedures for routine cleaning and disinfecting with an EPA-registered product. Typically, this means daily sanitizing surfaces and objects that are touched often, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones and toys.

Outbreaks involving novel coronaviruses evolve quickly and recommendations from public health officials may change frequently as new information becomes available. Please check the following websites often for updated information.

**For more information:**

- Centers for Disease Control and Prevention website at <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- New Jersey Department of Health website at <https://www.state.nj.us/health/cd/topics/ncov.shtml>  
<https://www.nj.gov/health/cd/topics/schoolhealth.shtml>