

TIP SHEET: 2019 NOVEL CORONAVIRUS PREVENTION AND TREATMENT

There is currently no vaccine to prevent COVID-19 Infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, the U.S. Centers for Disease Control and Prevention (CDC) always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- 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.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol.
- Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

TREATMENT FOR THE 2019 NOVEL CORONAVIRUS

There is no specific antiviral treatment recommended for COVID-19 infection. People infected with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

People who think they may have been exposed to COVID-19 should contact their health care provider immediately.

HOW TO PROTECT OTHERS

If you have cold-like symptoms, you can help protect others by doing the following:

- Stay home while you are sick.
- Avoid close contact with others.
- Cover your mouth and nose with a tissue when you cough or sneeze. Then throw the tissue in the trash and wash your hands.
- Clean and disinfect objects and surfaces.

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. (Revised 2020, February 3). About coronavirus: Prevention and treatment. Retrieved February 12, 2020, from <https://www.cdc.gov>