

Novel Coronavirus (COVID-19): What You Need to Know

What is Coronavirus?

- Coronaviruses are a family of viruses that cause mild illnesses like a cold, to more serious illnesses like pneumonia.
- A novel (new) coronavirus is a type of coronavirus that has not previously been seen in humans.
- 2019 novel coronavirus is a new type of coronavirus identified as the cause of an outbreak of respiratory illness (which affects breathing) called COVID-19.
- COVID-19 infections have now been reported in many countries including the United States. For an updated list of affected areas, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

What are the Symptoms of Coronavirus?

- Commonly reported symptoms include fever, cough or shortness of breath.
- Most people with COVID-19 will have mild symptoms. People who are at most risk for severe illness are those who have other health conditions, including chronic lung disease, heart disease, diabetes, cancer or a weakened immune system.

How Does Coronavirus Spread?

- The virus is likely to be spread from person to person between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.

Who is Most at Risk for Coronavirus?

- People who are at most risk for severe illness are elderly or have other health conditions such as chronic lung disease, heart disease, diabetes or a weakened immune system.

How Can I Protect Myself and Others From Coronavirus?

- Wash hands often with soap and warm water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your mouth and nose with a tissue or your sleeve when sneezing or coughing. Do not use your hands.
- Do not touch your eyes, nose or mouth with unwashed hands.
- Do not shake hands. Instead wave or elbow bump.
- Monitor your health more closely than usual for cold or flu symptoms.
- Get the flu shot. Although the flu shot will not protect you from COVID-19, it will help prevent the flu which has similar symptoms to this coronavirus.



What Should I Do If I Feel Sick?

- Stay home and call your doctor if you have cold or flu symptoms like coughing, shortness of breath, fever or sore throat.
- If you do not feel better in three to four days, call your doctor.
- Avoid going out in public. Do not go to school or to work until you have been fever-free for at least 72 hours without the use of fever reducing drugs like Tylenol or ibuprofen.
- If you need help getting medical care, call **311**.
- NYC Health + Hospitals health care locations will provide care regardless of immigration status or ability to pay.
- Hospital staff will not ask about immigration status. Receiving health care is not a public benefit identified by the public charge test.

Where Can I Get More Information?

- For real-time updates, text **"COVID"** to **692-692**. Messages and data rates may apply. Check your wireless provider plan for details.
- Visit nyc.gov/coronavirus for additional resources and information.