

# Novel Coronavirus (COVID-19)

## What is novel coronavirus?

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person in China and other countries, including the United States.

## How does novel coronavirus spread?

Health experts are still learning the details. Currently, it is thought to spread:

- via respiratory droplets produced when an infected person coughs or sneezes.
- between people who are in close contact with one another (within about 6 feet).
- by touching a surface or object with the virus and then touching your mouth, nose, or eyes

## What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus.



Fever



Cough



Difficulty  
Breathing

## Recommendations for all



It can lower the risk for you and, most importantly, for those who are most vulnerable to COVID-19:



- Stay home and don't go out in public when you are sick.
- Avoid general medical centers unless necessary. If you have any illness, call your doctor's office first before going to see him.
- Even if you are not sick, avoid visiting hospitals, long-term care facilities, or nursing homes as much as possible. If you need to visit one of these centers, limit your time there and stay 6 feet away from patients.
- Do not go to the emergency room unless it is essential. Emergency medical services need to address the most critical needs first. If you have a cough, fever, or other symptoms, call your GP first.



- Practice excellent personal hygiene habits, including frequent washing of hands with soap and water, coughing in a handkerchief or elbow, and avoiding touching your eyes, nose, or mouth.
- Stay away from people who are sick, especially if you are at increased risk of getting the coronavirus.



- Clean surfaces and frequently touched objects (such as handles and light switches). Regular household cleaning products are effective.
- Get plenty of rest, drink plenty of fluids, eat healthy foods, and control your stress to keep your immunity strong

Stay up to date on the coronavirus outbreak with reliable sources such as the CDC and World Health Organization.

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## Guidance for Schools

Available data on COVID-19 cases have shown that children and young people have not been shown to be at high risk of serious disease from this virus. We consider both the potential benefits and the negative consequences of closings when making recommendations. Public Health does not recommend closing schools at this time. If there is a confirmed case of COVID-19, Public Health will work with the school to determine the best actions including the possible closure of the school. We will provide schools with information on how to stay open safely.

Some children and staff have pre-existing medical conditions, such as weak immune systems, that put them at greater risk. Caregivers of children with pre-existing medical conditions should consult with their health care providers about whether their children should stay home.

## Guidance for workplaces and companies

Employers must take steps to make it more feasible for their employees to work in ways that minimize close contact with large numbers of people. Employers must:

- Maximize telework options for employees.
- Urge employees to stay home when they are sick.
- Maximize flexibility in sick leave benefits for those who are sick or are recommended to stay home because they are high risk.
- Consider staggering entry and exit times to reduce the number of people who meet at the same time.

## Community Meeting and Event Considerations

If you can avoid gathering large groups of people during this critical period in the outbreak, consider postponing events and meetings. If you can't avoid these meetings:

- Urge anyone who is sick not to attend.
- Encourage those at higher risk of contracting COVID-19 not to attend.
- Try to find ways to give people more physical space so that they are not in as close contact as possible.
- Encourage attendees to maintain good healthy habits, such as frequent hand washing.
- Clean surfaces frequently. Standard cleaning products are effective against COVID-19.

## Guidance for people at increased risk of developing severe COVID-19 disease

The Public Health Department recommends that people at higher risk for developing severe illness stay home and away from large groups of people as much as possible. People at higher risk include:

- Over 60s
- With pre-existing medical conditions, including heart disease, lung disease, or diabetes
- With weak immune systems
- Those who are pregnant

Anyone with questions about whether their condition puts them at risk for serious COVID-19 disease should consult their healthcare providers.



If you have COVID-19 symptoms or questions, you can call:

**Kentucky COVID-19 Hotline 1-800-722-5725**

**More information: [kycovid19.ky.gov](https://www.ky.gov/covid19)**