

# COVID-19: CORONAVIRUS



## WHAT IS A CORONAVIRUS?

Coronaviruses are a family of viruses that commonly affect animals but sometimes infect humans too. They usually attack the upper-respiratory tract—nose, sinuses and throat. Some types of coronavirus cause mild symptoms like the common cold, while others, like SARS or MERS, are more dangerous.

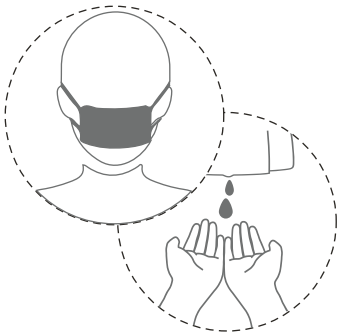
Scientists are still learning about this new coronavirus known as COVID-19. Called “novel” because it's never been seen before, it is thought to have originated at an animal market in Wuhan, China. To learn more, visit: [www.cdc.gov/coronavirus/2019-ncov/about/index.html](http://www.cdc.gov/coronavirus/2019-ncov/about/index.html)



## HOW DOES IT SPREAD?

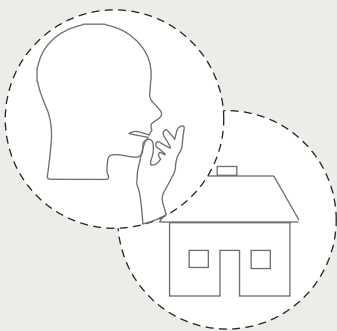
Like the cold or flu, COVID-19 is thought to spread from person to person when an infected person coughs or sneezes. It may also be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your mouth, nose or possibly eyes. It is not yet clear just how contagious the illness is. To learn more, visit:

[www.cdc.gov/coronavirus/2019-ncov/about/transmission.html](http://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html)



## WHAT SHOULD I DO IF I THINK I MIGHT HAVE THE VIRUS?

If you have a fever, don't go to work and avoid public places. If you are experiencing flu-like symptoms, we advise calling your healthcare provider to describe your symptoms and ask their advice. If they recommend you leave home for treatment, wear a mask and use hand-sanitizer. You can also try our online flu e-visit from wherever you are in two easy steps, and we recently added questions to help screen for COVID-19. Just go to [ngpg.org/evisit](http://ngpg.org/evisit) and follow the instructions.



## HOW DO I PROTECT MYSELF?

There are **simple steps** we should all take to help prevent the spread of germs:

- Wash your hands frequently for at least 20 seconds.
- Use hand sanitizer and disinfect surfaces.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your mouth while you cough or sneeze.
- Stay home when you are sick.
- For more information, visit [www.nghs.com/covid-19](http://www.nghs.com/covid-19)