Coronavirus: What to Know

Key Definitions (from the World Health Organization)

Coronavirus: A large family of viruses that causes illness ranging from the common cold to more severe diseases

COVID-19: The infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China in Dec. 2019.

Outbreak: The occurrence of disease cases in excess of normal expectancy

Pandemic: The worldwide spread of a new disease

There is no vaccine for COVID-19. However, at this point, the risk of contracting the disease is low. The best way to prevent getting sick is to avoid exposure to the virus. According to the Centers for Disease Control and Prevention (CDC), the general American public is unlikely to have been exposed to COVID-19 at this time and the immediate health risk from the virus is considered low. Nevertheless, the CDC recommends the following precautions:

- Avoid close contact with people who are sick.

- Avoid touching your eyes, nose, and mouth.
- 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.
- Wash your hands often with soap and water for at least 20 seconds, especially after using 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% alcohol. Always wash hands with soap and water if hands are dirty.
- Do not wear a face mask if you are well. Face masks should be worn by those who show symptoms of COVID-19 and health workers.

For more information, go to the World Health Organization at www.who.int or the Centers for Disease Control and Prevention at www.cdc.gov. If you have questions about Coronavirus and can't find answers online, call the Illinois Coronavirus hotline at **1-800-889-3931**.

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