

The Snohomish Health District works with community partners to ensure the safety of food and prevent illness at food businesses. We've created this FAQ to address questions about novel coronavirus 2019. This information is based on current understanding of the virus, and guidance may change. Check [www.snohd.org/ncov2019](http://www.snohd.org/ncov2019) or [www.doh.wa.gov/emergencies/coronavirus](http://www.doh.wa.gov/emergencies/coronavirus) for updates.

Remember that the most important steps in preventing the spread of this disease are the same as with other illnesses:

- wash hands thoroughly and frequently with warm running water and soap,
- keep surfaces and equipment washed and sanitized, and
- stay home if you are feeling ill.

### **What is a coronavirus?**

A coronavirus describes a large number of viruses that usually cause mild respiratory illness. But there are coronaviruses that have caused more severe illness, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). Novel coronavirus 2019 is a new coronavirus and can cause pneumonia.

### **What are symptoms of coronavirus?**

Most coronaviruses cause respiratory illnesses, including cough and fever. The common cold is a type of coronavirus. Symptoms may include runny nose, headache, cough, sore throat and/or fever.

### **Where did this virus come from and how is it spread?**

Early on, it is difficult to know the exact source of the virus, how well it spreads from person to person, and how severe the infection is. Based on what we know today, the virus can be transmitted from person to person.

Human coronaviruses most commonly spread from an infected person to others through: the air by coughing and sneezing, close personal contact like shaking hands, or touching a surface with the virus on it and then touching your mouth, nose or eyes before washing your hands.

### **Is there a vaccine for 2019 coronavirus?**

At this time, there is no vaccine for coronavirus.

You can help prevent the spread of illness by washing hands often with soap and running water, staying home if you are sick, avoiding close contact with others who are sick, covering your coughs or sneezes with a tissue, and cleaning and disinfecting objects and surfaces.

**What should I do if I get sick?**

If you are sick, it is important to stay home from work to avoid exposing others. This is true for any illness, not just coronavirus.

If you are a manager or business owner and notice that an employee is sick, you should send that employee home.

If you have recently traveled from China or another impacted area (see <https://wwwnc.cdc.gov/travel/notices> for travel guidance) or been in close contact with someone with confirmed novel coronavirus 2019 and feel sick with fever, cough, or difficulty breathing, call your health care provider BEFORE going to get care. Tell them about your symptoms and travel. They can provide you instructions for seeking care so that you do not expose others.

There are many causes of fevers, coughs, and other respiratory symptoms. Most clinics have surgical masks that you may be asked to wear while in the clinic. Please protect others and wear a mask if asked.

Wash your hands. Cover your cough or sneeze. If you are ill, stay home.

**If I (or someone I know) has been to China recently, what should I do?**

If you traveled to China or have been in close contact with someone who has confirmed novel coronavirus 2019 and feel sick with fever, cough, or difficulty breathing, you should:

- Seek medical care right away. Before you go to the doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

**How is this virus treated?**

Treatment is supportive care for symptoms, fluid intake, and isolation/observation. There is no cure for this virus.

**Additional information:**

Visit [www.snohd.org/ncov2019](http://www.snohd.org/ncov2019), [www.doh.wa.gov/emergencies/coronavirus](http://www.doh.wa.gov/emergencies/coronavirus) or [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html). Follow the Snohomish Health District on social media ([facebook.com/SnohomishHealth](https://facebook.com/SnohomishHealth), [twitter.com/snohd](https://twitter.com/snohd))

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