Coronavirus / COVID-19 Fact Sheet

WHAT IS CORONAVIRUS?

Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS, SARS and now with this new virus, SARS-CoV-2, which causes the 2019 novel coronavirus disease, abbreviated COVID-19.

What are the symptoms of COVID-19?
- Fever
- Cough
- Shortness of breath

HOW DOES IT SPREAD?

The virus is thought to spread mainly from person-to-person. CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. People are thought to be most contagious when they are most symptomatic (the sickest).

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

IS THERE A VACCINE?

The best way to prevent illness is to avoid being exposed to this virus. There is currently no vaccine to prevent COVID-19. It's currently flu and respiratory disease season, and CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.

WHAT CAN I DO TO PROTECT MYSELF?

Everyday preventive actions can help prevent the spread of respiratory diseases, including:

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 going to 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.

What's the proper way to wash your hands?

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the chorus of the "Country Roads" song from beginning to end.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Follow CDC's recommendations for using a facemask:

CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.

Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

WHAT IF I'VE TRAVELED TO A COUNTRY WHERE THERE IS A RISK OF INFECTION OR I'VE BEEN EXPOSED TO SOMEONE WITH COVID-19?

If you develop COVID-19 symptoms, contact your healthcare provider. Tell them about your symptoms and your travel or exposure to a COVID-19 patient. Follow their instructions, and see tips below:

- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Call ahead before visiting your doctor
- Wear a facemask
- Cover your coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean all "high-touch" surfaces everyday
- Monitor your symptoms

IS WVU MEDICINE PREPARED TO HANDLE THE VIRUS SHOULD A CASE OCCUR?

A multidisciplinary team of healthcare professionals at WVU Medicine is closely monitoring the outbreak and working together to respond as necessary. Our affiliated healthcare facilities have plans in place that follow current CDC guidelines to address the care of patients should they present to one of our hospitals, urgent care centers or outpatient clinics. We are also working closely with our state and local partners to provide assistance in screening and caring for patients.

WHAT IS WEST VIRGINIA UNIVERSITY DOING TO PREPARE FOR THE POSSIBILITY OF CORONAVIRUS (COVID-19)?

WVU emergency management officials are in constant contact with federal, state and local public health authorities to monitor the situation. To date, West Virginia has no cases of COVID-19 and no patients have been tested or are otherwise under investigation for the illness in the state. At this point, we have no reason to believe there is any risk to members of the University community. We are monitoring our students and faculty who are traveling abroad and advising them to follow CDC guidelines based on where they are located. At this time, there is no basis for altering your normal practices regarding housing, campus events and other circumstances under which large groups of people will be gathering.

To contact WVU Medicine, please call 304-598-6000 (option 4.)

To contact the Monongalia County Health Department, please call 304-680-4357.

For more information, visit coronavirus.wvu.edu