


Novel Coronavirus Basics

You may be feeling concerned about the coronavirus, also referred to as COVID-19, which has been in the news. If so, you're not alone. Here is some helpful information about the virus, and what you can do to protect yourself.

3/10/2020





The most common symptoms

- 1 FEVER
- 2 COUGH
- 3 SHORTNESS OF BREATH

How is coronavirus spread?

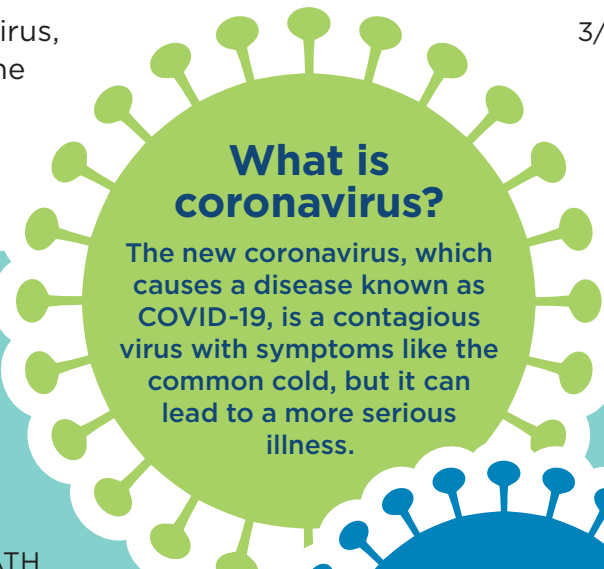
- ▶ COUGHING AND SNEEZING
- ▶ CLOSE CONTACT WITH OTHERS WHO HAVE THE VIRUS
- ▶ TOUCHING SURFACES WITH THE VIRUS, THEN TOUCHING YOUR EYES OR MOUTH WITHOUT WASHING YOUR HANDS



To get care

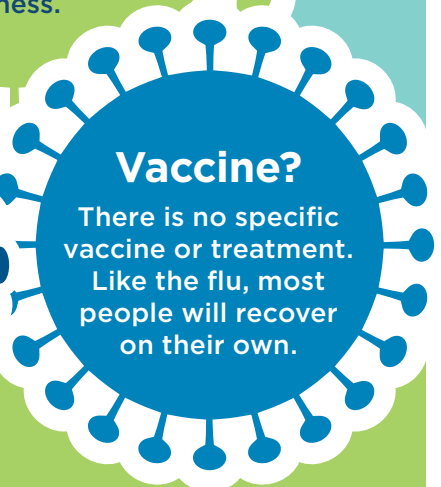
- sign in to the Kaiser Permanente or My Doctor Online **app**
- visit **kp.org/getcare**
- 1-866-454-8855**
(TTY 711)

You must be 18 or older for an e-visit




What is coronavirus?

The new coronavirus, which causes a disease known as COVID-19, is a contagious virus with symptoms like the common cold, but it can lead to a more serious illness.



Vaccine?

There is no specific vaccine or treatment. Like the flu, most people will recover on their own.



FAQ

kp.org

Protect yourself

-  AVOID CLOSE CONTACT with people who are sick
-  WASH YOUR HANDS with soap and water regularly for at least 20 seconds (alcohol hand sanitizers are also effective)
-  DON'T TOUCH YOUR EYES, NOSE, AND MOUTH with unwashed hands
-  COUGH OR SNEEZE INTO A TISSUE OR YOUR ELBOW if you use a tissue, wash your hands afterwards
-  STAY HOME WHEN YOU ARE SICK* except to get medical care
-  CLEAN AND DISINFECT frequently touched objects

*Keep sick children home from school