

Novel Coronavirus (COVID-19): What You Need to Know

This document was not published by public health officials. For current information from the Michigan Department of Human Health Services [click here](#).

What is Coronavirus?

- SARS-COV-2 is a virus that causes a disease called COVID-19, sometimes referred to by the media as 'Coronavirus' or novel (new) coronavirus.
- Coronaviruses are a family of viruses that cause mild illnesses like a cold, to more serious illnesses like pneumonia.
- 2019 novel coronavirus is a new type of coronavirus identified as the cause of an outbreak of respiratory illness (which affects breathing) called COVID-19.
- COVID-19 infections have now been reported in many countries including the United States. For an updated list of affected areas, visit [cdc.gov/travel](https://www.cdc.gov/travel)

What are the Symptoms of Coronavirus?

- Commonly reported symptoms include fever, cough or shortness of breath.
- Most people with COVID-19 will have mild symptoms. People who are at most risk for severe illness are the elderly and those who have other health conditions, including chronic lung disease, heart disease, diabetes, cancer or a weakened immune system.

How Does Coronavirus Spread?

- The virus is likely to be spread from person to person between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.
- There is some evidence to suggest that the virus can also spread by touching surfaces where the virus lives and then touching your eyes, nose, or mouth.
- There is evidence that people without symptoms can still be highly contagious.

Who is Most at Risk for Coronavirus?

- People who are at most risk for severe illness are elderly or have other health conditions such as chronic lung disease, heart disease, diabetes or a weakened immune system.

How Can I Protect Myself and Others From Coronavirus?

- Social distancing is the only scientifically validated method for slowing the spread of the virus. To learn more about social distancing [click here](#). This is the reason sporting events,

- Wash hands often with soap and warm water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your mouth and nose with a tissue or your sleeve when sneezing or coughing. Do not use your hands.
- Do not touch your eyes, nose or mouth with unwashed hands.
- Do not shake hands. Instead wave or elbow bump.
- Monitor your health more closely than usual for cold or flu symptoms.
- Get the flu shot. Although the flu shot will not protect you from COVID-19, it will help prevent the flu which has similar symptoms to this coronavirus.

What Should I Do If I Feel Sick?

- Stay home and call your doctor if you have cold or flu symptoms like coughing, shortness of breath, fever or sore throat.
- If you do not feel better in 24 to 48 hours, call your doctor.
- If you don't have a primary care doctor, please call the nurse on call hotline for Oakland County at 1-800-848-5533 or email at noc@oakgov.com
- Avoid going out in public. Do not go to school or to work until you have been fever-free for at least 72 hours without the use of fever reducing drugs like Tylenol or ibuprofen.
- Hospital staff will not ask about immigration status. Receiving health care is not a public benefit identified by the public charge test.

Where Can I Get More Information?

- If you want to help sign up for www.mycovidresponse.org
- If you live in the state of Michigan and want to volunteer for the government, call 211.
- The Michigan Coronavirus hotline number is 1-888-535-6136 and will be available seven days a week from 8 a.m. to 5 p.m.
- Mobile testing stations have been set up at Beaumont Hospital. Please do not go if you are feeling well. The goal should be to allow medical professionals to treat those who are likely infected. <https://www.detroitnews.com/story/news/local/oakland-county/2020/03/14/beaumont-royal-oak-starts-curbside-testing-coronavirus/5051591002/>
- Visit <https://www.michigan.gov/coronavirus/> for additional resources and information.