

## CORONAVIRUS

### **Get the Facts and Take Precautions: *But Don't Panic!***

The coronavirus (COVID-19) is a new disease and there is still much to learn about it. Currently, there is no vaccine or specific antiviral treatment for the virus.

The information below is a summary from the Centers for Disease & Prevention (CDC) website (as of February 29th [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) ). The CDC website is updated as new information is discovered, and it's recommended that you visit the website periodically for the most up-to-date information.

Those infected with COVID-19 may experience mild to severe symptoms, and some who are infected may not even realize they have the virus. In fact, an infected person may not have symptoms until 2 to 14 days after exposure, which makes it difficult to contain the spread of the virus.

It's believed that the virus is spread person-to-person, by people who are in close contact (within 6 feet of each other). The virus may also be spread from contact with infected surfaces or objects.

Everyone should take the recommended precautions to prevent being infected. **However, transplant recipients and others with compromised immune systems, such as the elderly, young children, and those with chronic illnesses, need to be extra careful!**

#### **Be proactive and take these precautions:**

- Avoid contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Wash hands frequently (for 20 seconds with soap and warm water).
- Clean and disinfect frequently-touched objects and surfaces.
- Stay at home if you're sick.
- Stay informed and keep current with updates on the virus.

#### **COVID-19 symptoms include the following:**

- Cough
- Fever
- Shortness of breath

If you experience *any* of the symptoms above, contact your healthcare professional immediately. Be sure to inform your provider if you've recently traveled to an area where there have been infected people or if you've been in contact with someone who has already been diagnosed with the virus.

#### **For more up-to-date information, visit these sites:**

Centers for Disease & Prevention (CDC), [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)  
World Health Organization (WHO), <https://www.who.int>