

NOVEL CORONAVIRUS

What You Need to Know

Coronavirus is a type of virus that causes diseases of varying severities, ranging from the common cold to more serious respiratory disease. A novel (new) coronavirus is a new strain of coronavirus that hasn't been identified before in humans.

How is it spread?



Through coughing and sneezing



Close personal contact, such as touching or shaking hands



Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands



Because novel coronavirus is new, we are learning more each day about the transmission patterns and incubation periods



People who traveled to or from **China within the last 14 days**, could have been exposed to the virus. Seek medical care if you traveled to China and develop a fever and cough or respiratory symptoms within 14 days of your return.

What are the symptoms?



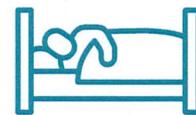
Fever



Cough



Difficulty Breathing



Severe Illness

How can I protect myself when I travel?

Travelers going outside the US

- Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
- Avoid contact with sick people.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.

If you traveled to China and feel sick

- Stay home and avoid contact with others
- Seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Don't travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw the tissue in the trash.

If you think you may have been infected with novel coronavirus, call the DOH Reporting Line at (808) 586-4586.

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2019 Novel Coronavirus (2019-nCoV)

Frequently Asked Questions

Revised January 31, 2020

Acronyms and abbreviations used in this document:

- **2019-nCoV:** 2019 Novel Corona Virus
- **CDC:** US Centers for Disease Control & Prevention
- **HDOH:** State of Hawaii Department of Health
- **MERS:** Middle East Respiratory Syndrome
- **SARS:** Severe Acute Respiratory Syndrome

OVERVIEW

What is 2019-nCoV?

2019 Novel Coronavirus (also called 2019-nCoV) is a new respiratory virus that was first identified in the central Chinese city of Wuhan, in Hubei Province. It has since spread to other cities across China as well as several other countries, including the United States.

How many people have been infected?

This is a rapidly changing situation. Thousands may have been infected in China, especially in and around Wuhan in Hubei Province, with over 100 deaths. Outside of China, however, spread is at this time very limited.

Is 2019-nCoV a danger in Hawaii? In the United States? How many people have been infected in the United States?

2019-nCoV is a great concern in China, but in the US the likelihood of someone getting sick is low at this time. There are no cases in Hawaii at this time. There are only a handful of confirmed cases, in Washington State, California, Arizona, and Illinois. All but one have traveled recently from China, and the remaining case is a close contact of someone who is infected; there is no community spread of 2019-nCoV in the United States at this time.

Is the United States in danger because of 2019-nCoV?

Although 2019-nCoV is a serious concern, CDC believes the immediate risk to the US public is low at this time. However, risk depends on exposure; healthcare workers and family members or close household contacts caring for people with 2019-nCoV may be at greater risk of infection than the general public.

What are coronaviruses?

Coronaviruses are a large family of viruses named for the crown-like spikes on their surface. They are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, these animal coronaviruses can infect people and then spread between people.

Human coronaviruses are also common throughout the world and can cause mild to moderate illness (e.g., “the common cold”). Some coronaviruses that infect humans are known to cause severe illness, like the coronaviruses that cause MERS and SARS.

2019-nCoV is a new (or novel) coronavirus that originated in Wuhan, China, and is associated with an outbreak of pneumonia. It may have originated in animals, but it can now be spread from human to human.

So is 2019-nCoV the same as SARS and MERS?

No, they are different coronaviruses.

How does 2019-nCoV spread?

Health officials and investigators are still learning about how 2019-nCoV is spread. Although it is thought to have originated with animals, it now seems to be spreading from person to person. So far in the United States, there has been only one case of person-to-person spread, which involved a close household contact of an earlier case.

It is thought to spread mainly through respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza (the flu) spreads. Like SARS and MERS, the spread of 2019-nCoV may generally occur through close contact.

Frequent handwashing, with soap and water for 20 seconds or with alcohol-based hand sanitizer, can help prevent spread.

What is the source of 2019-nCoV?

Public health officials and their partners are working hard to identify the source of 2019-nCoV. Some coronaviruses circulate among animals but can be spread to people. Many of the patients early in the outbreak in Wuhan, China had some link to a large seafood and animal market in Wuhan, which suggested the virus came from an animal source. Scientists are analyzing the genetic tree of this virus to find out its specific source.

How long is a person with 2019-nCoV infection contagious?

At this time, CDC and others are studying available data to better understand this. Very likely, as with other coronaviruses, a person is infectious as long as they are ill. However, we continue to monitor the situation to update the information.

SYMPTOMS AND TREATMENT

What are the symptoms of 2019-nCoV?

Patients with 2019-nCoV have reported mild to severe respiratory illness, including the following symptoms:

- Fever
- Cough
- Shortness of breath or difficulty breathing

Some patients may not report fever, especially the very young, elderly, immunosuppressed, and people taking certain fever-lowering medications.

Persons with a travel history to China, especially Hubei Province, in the past 14 days should seek medical attention immediately should they develop symptoms, calling ahead to inform their healthcare provider of their travel to China.

How long does it take for symptoms to appear?

CDC believes the symptoms of 2019-nCoV may appear as early as 2 days after exposure and as long as 14 days after exposure.

Are there complications from 2019-nCoV?

Many patients with 2019-nCoV have developed pneumonia in both lungs. In some cases, death has occurred.

How is 2019-nCoV treated?

There are no specific antiviral treatments for 2019-nCoV. People who are infected should receive supportive care to help relieve symptoms.

Should I be tested for 2019-nCoV infection?

If you have traveled from China, especially Hubei Province, in the past two weeks and have symptoms of respiratory illness, such as cough or shortness of breath, or if you have had close contact with someone who has had these symptoms within 14 days of travel to China, call ahead to a healthcare provider and mention your recent travel or close contact. The healthcare provider will work with Hawaii Department of Health (HDOH) to determine if you need to be tested.

Where is the testing done?

Although your local healthcare provider will take your sample to submit to the HDOH state public health laboratory, at this time HDOH must send samples to CDC in Atlanta, Georgia to test for the new virus. The HDOH state public health laboratory in Hawaii may have the ability to conduct the test within the next several weeks.

PREVENTION AND PROTECTION

Is there a vaccine for 2019-nCoV?

There is currently no vaccine to protect against this virus. The way to prevent infection is to avoid being exposed.

Does the flu shot provide any protection against 2019-nCoV?

The annual flu vaccination does *not* protect against 2019-nCoV, but it is recommended for all persons ages 6 months or older to protect them from getting influenza (the flu).

Why should I get the flu shot then?

Symptoms of 2019-nCoV are similar to symptoms of influenza (the flu). Reducing the number of flu cases (by getting the flu shot) not only helps reduce the burden on healthcare providers and facilities; having fewer patients with flu-like symptoms makes it easier to identify those cases that could potentially be 2019-nCoV.

More importantly, the flu shot also prevents you from getting influenza and spreading it to others, especially very young people, elderly people, and those with compromised immune systems. For these people, influenza can be severe or even deadly.

Will wearing a mask protect me from the coronavirus?

The Centers for Disease Control and Prevention (CDC) does not currently recommend that people in the U.S. wear face masks in public to prevent infection. The best preventative measures include washing hands and covering coughs. Wearing a surgical mask does not prevent a person from inhaling smaller airborne particles; they are not considered respiratory protection by the CDC.

TRAVEL TO/FROM CHINA

I recently traveled to China and now I am feeling sick. What should I do?

If you have traveled to Wuhan or elsewhere in China in the past 14 days and now feel sick with fever, cough, or difficulty breathing, you should do the following:

- Stay home. Except for seeking medical care, avoid contact with others.
- Seek medical care right away. Before you go to a doctor's office or emergency room, *call ahead and tell them about your recent travel and your symptoms.*
- Do *not* travel while sick.
- Cover your mouth and nose with a tissue or sleeve (*not* your hands) when coughing or sneezing. Throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds. If no soap and water are available, use an alcohol-based hand sanitizer.
- Clean and disinfect frequently touched objects and surfaces.

I'm a Hawaii resident now in China (or my family member is in China)? What should I or they do to avoid getting sick?

If you are in China, you should do the following:

- Avoid contact with sick people.
- Avoid contact with animals, both alive or dead.

- Wash your hands often with soap and water for at least 20 seconds. If no soap and water are available, use an alcohol-based hand sanitizer.
- Be aware that the US State Department has ordered all US citizens to leave Wuhan, China, and has arranged their departure.

Is it safe to go to China?

Because of community spread of 2019-nCoV in many cities in China, not just in Wuhan or Hubei Province, *CDC recommends that travelers avoid all nonessential travel to China.*

But I really need to go to China. What should I do to protect myself?

Although CDC recommends that travelers avoid all nonessential travel to China at this time, if you must go to China you should do the following:

- Postpone your travel if you are currently sick.
- Avoid contact with sick people while in China.
- Avoid contact with live animals and animal products (especially raw meat) while in China.
- Frequently wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Older travelers and those with underlying health issues may be at risk for more severe disease and should discuss travel to China with their healthcare provider.
- Be aware that there is limited access to adequate medical care in affected areas.

Should I be worried about products imported from China?

There is no evidence that you can become infected with 2019-nCoV from a product imported from China. 2019-nCoV appears to be related to coronaviruses like SARS and MERS which do not survive long on surfaces. Instead, they are usually spread from person to person through respiratory droplets.

What about animal products from China?

CDC currently has no evidence that animals or animal products imported from China pose a risk for spreading 2019-nCoV. Information will be updated as it becomes available.

Is my pet at risk of getting 2019-nCoV? Do animals in Hawaii have 2019-nCoV?

Although this coronavirus seems to have come from an animal source, it is now spreading from person to person. People traveling to China should avoid both live and dead animals in China, but there is no reason to believe animals or pets in Hawaii or elsewhere in the United States might be at risk for infection from 2019-nCoV.

SITUATION IN HAWAII

What is HDOH doing to monitor the situation with 2019-nCoV?

HDOH is doing a number of things to closely monitor the situation with 2019-nCoV:

- HDOH is monitoring existing disease surveillance systems and reviewing response protocols with relevant in-state partners.
- HDOH is collaborating and frequently communicating with CDC and state public health partners to closely monitor the situation and ensure Hawaii is prepared should a person potentially exposed or infected with 2019-nCoV be identified in Hawaii.
- HDOH is working with healthcare facilities to ensure hospitals and healthcare providers are up to date on infection control recommendations in the event they encounter a person potentially infected with 2019-nCoV.
- HDOH is communicating regularly with travel partners, public and private, to ensure the latest CDC guidance and information is being shared with all relevant personnel.
- HDOH has been conducting illness surveillance of international travelers at the Daniel K. Inouye International Airport since October 2005 and continues to work with our airport partners on ongoing, regular surveillance.

What are hospitals in Hawaii doing to get ready?

HDOH is working with healthcare facilities to ensure hospitals and healthcare providers are up to date on infection control recommendations in the event they encounter a person potentially infected with 2019-nCoV.

Are there any cases of 2019-nCoV in Hawaii?

At this time, HDOH has not received any reports of persons potentially exposed or infected with 2019-nCoV.

Are passengers being screened at Daniel K. Inouye International Airport?

CDC and Customs and Border Protection (CBP) at Daniel K. Inouye International Airport (and 19 other US airports) have started monitoring for travelers with symptoms compatible with 2019-nCoV infection and a travel connection with China. CBP will refer passengers with relevant travel history to CDC staff for evaluation at the quarantine station located at Daniel K. Inouye International Airport.

Furthermore, HDOH is communicating regularly with travel partners at Daniel K. Inouye International Airport to ensure the latest CDC guidance and information is being shared with airport personnel. HDOH has conducted illness surveillance at Daniel K. Inouye International Airport since October 2005 and continues to work with our airport partners on ongoing, regular surveillance.

All travelers from China will be given CDC's Travel Health Notice, educating those travelers about what to do if they get sick with certain symptoms within 14 days after arriving in the United States.

Where can I find out more information?

For more information about 2019-nCoV, visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/coronavirus/novel-coronavirus-2019.html. You can also visit the HDOH website at health.hawaii.gov/docd/advisories/novel-coronavirus-2019.

You can also call Aloha United Way at **211** from anywhere in Hawaii for information and referral services.



2019 Novel Coronavirus (2019-nCoV)

Information for Schools and Universities



February 5, 2020

The following guidance is for persons who return to Hawaii from mainland China (excludes Hong Kong, Macau, and Taiwan) **on or after February 3, 2020**.

Given the lockdown in China since January 22nd, travelers who pose a risk for 2019-nCoV infection by exposure in Hubei province are not anticipated to be arriving at Daniel K. Inouye Airport after February 5th. The volume of travelers from China in general is also expected to be limited given the cancellation of numerous flights and the travel ban for non-United States citizens.

There is no recommendation to exclude asymptomatic students, faculty or staff who returned from mainland China (including Hubei province) prior to February 3, 2020. They should monitor their health for 14 days from the time they left mainland China and contact their healthcare provider should they become ill.

Effective February 3, 2020:

- All international travelers are currently being screened by federal partners at the Daniel K. Inouye International Airport and will be either quarantined¹ or on home monitoring² under public health supervision.
- HDOH will contact the school if a student, faculty, or staff member is identified for home monitoring and will provide the time period when the individual should not attend school.
- Quarantine or home monitoring will apply to travelers from mainland China in the previous 14 days.
- Students who have had close contact with a confirmed case of 2019-nCoV infection or a person under investigation for 2019-nCoV (PUI) should **NOT** be allowed to attend school. There are currently no 2019-nCoV cases or PUIs in Hawaii. If a case or PUI is identified in Hawaii, HDOH will inform close contacts and the school of the time period when the individual should not be in attendance.
- Siblings and other household contacts of returned **asymptomatic** travelers from mainland China are not subject to monitoring and may attend school or work. If household contacts of asymptomatic travelers have respiratory symptoms or fever, usual school exclusion policies should apply.
- If schools receive inquiries regarding eligibility to return to school or work for students, faculty, or staff who have returned from China after February 3, 2020 and have not yet completed 14 days of home monitoring, and have not yet been notified by HDOH of an exclusion for such persons, **please contact HDOH for additional guidance (see below)**.

¹ Housed at a designated facility

² Self-isolation at home

- In accordance with CDC travel recommendations, students, faculty and staff should be advised to avoid all travel to the People’s Republic of China (this does not include the Special Administrative Regions of Hong Kong and Macau, or the island of Taiwan). See <https://wwwnc.cdc.gov/travel/notices/warning/novel-coronavirus-china> for additional information regarding travel.

Given the time of year, it is important to remember the best way to prevent transmission of *any* respiratory illness (including flu) in schools is to follow everyday preventive actions:

- Get vaccinated against the flu. With current seasonal influenza activity, it is likely there will be confusion as persons with influenza will exhibit similar signs and symptoms such as fever and cough. We strongly recommend residents ages 6 months and older protect themselves against flu by receiving the seasonal influenza vaccination.
- Wash hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, before eating, and after going to the bathroom
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home when 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.

If you have any questions related to travel to China or exclusion policies for school students, faculty or staff related to 2019-nCoV, please contact HDOH at one of the numbers below.

Oahu (Disease Reporting Line)..... (808) 586-4586
 Maui District Health Office..... (808) 984-8213
 Kauai District Health Office..... (808) 241-3563
 Big Island District Health Office (Hilo)..... (808) 933-0912
 Big Island District Health Office (Kona)..... (808) 322-4877
 After hours on Oahu..... (808) 600-3625
 After hours on neighbor islands.....(800) 360-2575 (toll free)

For more information, please visit HDOH’s Novel Coronavirus webpage at:
<https://health.hawaii.gov/docd/advisories/novel-coronavirus-2019/>
 or the CDC’s 2019 Novel Coronavirus website at:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

2019-nCoV: What the public should do

The current outbreak of 2019 novel coronavirus (2019-nCoV) was first identified in China but has now spread internationally, impacting an increasing number of countries. Sustained community spread is occurring in China. Limited person-to-person spread, most associated with close contact with a patient with confirmed 2019-nCoV, has been seen outside of China. No community spread of 2019-nCoV has been identified in the United States at this time.

In the coming days and weeks, we expect more confirmed cases in the United States, including some person-to-person spread. The goal of CDC's aggressive ongoing public health response is to prevent spread of 2019-nCoV in the United States.

What you should do

- **STAY INFORMED** – CDC is updating its website daily with the latest information and advice for the public. (www.cdc.gov/ncov)
- **REMEMBER TO TAKE EVERYDAY PREVENTIVE ACTIONS** that are always recommended to prevent the spread of respiratory viruses.
 - » Avoid close contact with sick people.
 - » While sick, limit contact with others as much as possible.
 - » Stay home if you are sick.
 - » Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
 - » Clean and disinfect surfaces and objects that may be contaminated with germs.
 - » Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.
- **IF YOU FEEL SICK** with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with 2019-nCoV in the 14 days before you began to feel sick, seek medical care. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.

What you should not do

- **DO NOT** travel to China.
- **DO NOT** use facemasks. CDC does not recommend the use of facemasks for the **general U.S. public** to prevent the spread of 2019-nCoV.
- **DO NOT** show prejudice to people of Asian descent, because of fear of this new virus. Do not assume that someone of Asian descent is more likely to have 2019-nCoV.

All persons in the U.S.—including those of Asian descent—who have not traveled to China or been in contact with someone with a confirmed or suspected nCoV case in the last 14 days are at low risk of becoming sick.



For more information: www.cdc.gov/ncov

What to do if you are sick with 2019 Novel Coronavirus (2019-nCoV)

If you are sick with 2019-nCoV, or suspected of being infected with 2019-nCoV, follow the steps below to help prevent 2019-nCoV from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Clean your hands

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, you should wash them thoroughly with soap and water.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., shortness of breath or difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, 2019-nCoV infection. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office keep other people from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>.

Discontinuing home isolation

Patients with confirmed 2019-nCoV infection should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments. Current information on 2019-nCoV is limited; thus, home precautions are conservative and based on general recommendations for other coronaviruses, like Middle Eastern Respiratory Syndrome (MERS).

