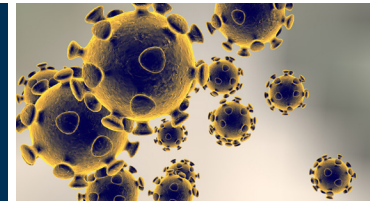# COVID-19 (Coronavirus Disease 2019)
What You Need to Know

What are coronaviruses?

Coronaviruses are a group of viruses that can cause a range of illnesses from the common cold to severe respiratory infection like pneumonia. The COVID-19 is a virus that has been identified as the cause of an outbreak of respiratory illness initially detected in Wuhan, China in December of 2019.

How do coronaviruses spread?

Through coughing and sneezing.

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

Close personal contact, such as touching or shaking hands.

People who traveled to or from **outbreak-affected areas,** or who had contact with someone who has COVID-19, may have been exposed to the virus. Seek medical care if you develop a fever, cough or difficulty breathing within 14 days of traveling or having contact with a COVID-19 case.

What are the symptoms?

Fever

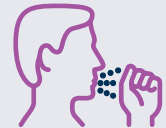**Cough**

Difficulty Breathing

Severe Illness

If you may have been exposed and feel sick:

- Stay home and avoid contact with others. Do not go to work, school or daycare.
- Seek medical care right away. **Before you go to the doctor's office, emergency room or urgent care, call ahead and tell them about your recent travel and your symptoms.**
- Inform you local health department.
- Don't travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Throw tissue in the trash.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

Make sure you are getting reliable information from reliable sources.

You can find updates on COVID-19 on the CDC website at cdc.gov/coronavirus and guidance from the North Carolina Division of Public Health at ncdhhs.gov/coronavirus.

People who have questions or concerns can call 866-462-3821 for more information. Press 1 for English or to ask for a language interpretor. Spanish speakers should press 9. To submit questions online, go to ncpoisoncontrol.org and select Chat.

If you have traveled to outbreak-affected areas or had contact with a COVID-19 case and **do not feel sick**, you should monitor for symptoms for 14 days after last exposure and contact your local health department.