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.

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 your 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.

What are the symptoms?
- Fever
- Cough
- Difficulty Breathing
- Severe Illness

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 interpreter. Spanish speakers should press 2. 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.