

STIGMA RELATED TO THE VIRUS

The risk of getting the virus responsible for COVID-19 is currently low in the United States.¹⁰ People, **including those of Asian descent**, who have not recently traveled to China or have not been in contact with a person with the virus are not at a greater risk of contracting or spreading the virus.



California Tribal Epidemiology Center

The California Tribal Epidemiology Center
is housed within the
California Rural Indian Health Board, Inc.



For more information, contact:



epicenter@crihb.org



www.cdc.gov/coronavirus

Alnino Guarino, MPH,
Epidemiologist

916-929-9761, ext. 1541

Thomas Kim, MD, MPH,
Director of Medical Services

916-929-9761, ext. 1305

1020 Sundown Way
Roseville, CA 95661

REFERENCES

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⁵www.cdc.gov/coronavirus/2019-ncov/about/transmission.html

⁶www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html

⁷www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html

⁸www.cdc.gov/coronavirus/2019-ncov/about/testing.html

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¹⁰www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html

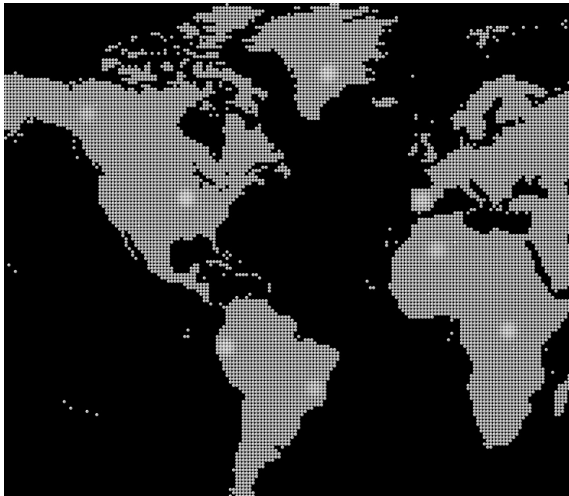


COVID-19
Patient Information

COVID-19 OUTBREAK BACKGROUND

SARS-CoV-2 is the virus responsible for the COVID-19 disease that caused the outbreak in Wuhan, China.¹ On January 30, 2020, the World Health Organization (WHO) declared the outbreak a “public health emergency of international concern.”¹ So far, thousands of people have died from the virus, making it more deadly than the 2002-2003 SARS outbreak.²

Coronaviruses belong to a family of viruses that are common in many different animals, such as camels, cattle, and cats.¹ Sometimes, animal coronaviruses can infect people.¹

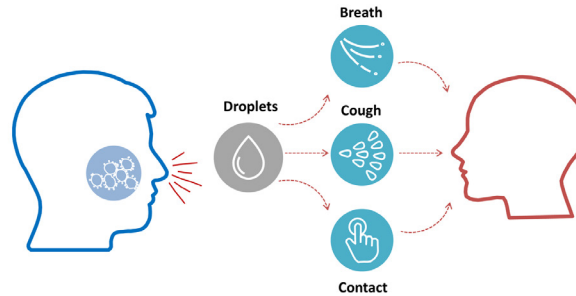


COVID-19 IN THE U.S.

Cases have been confirmed in the U.S.³ California is one of the states with confirmed cases, and many counties in California have at least one confirmed case of COVID-19.⁴

HOW IT SPREADS

The virus can spread from **person-to-person** through respiratory droplets when an infected individual coughs or sneezes.⁵ These droplets can land in the mouths or noses of nearby people. It can then get inhaled into the lungs. This is similar to how influenza and other respiratory viruses spread.



SYMPTOMS

- » Fever
- » Cough
- » Shortness of breath

The symptoms can appear in as few as two days or as long as 14 days after initial exposure.⁶ Symptoms can range from no symptoms to severe illness and even death. Seek medical attention if you develop any of the symptoms listed above AND you have been to China **within the past two weeks OR if you have had close contact** with someone within the past two weeks who was found to have the virus responsible for COVID-19.

TREATMENT

There is **currently no antiviral medication** recommended for COVID-19.⁷ Supportive treatments can be used to relieve symptoms. **Those that are severely ill will require hospital treatment and supervision.**

PREVENTION AND TESTING

There is **currently no vaccine** available to prevent coronavirus disease 2019 (COVID-19).⁷ The best way to prevent illness is to avoid close contact with sick individuals, avoid touching your face with unwashed hands, clean touched objects and surfaces, and wash your hands often with soap and water for at least 20 seconds.⁷ **Facemasks should be used by people who show symptoms.**⁷ Lastly, the Centers for Disease Control and Prevention (CDC) made a new laboratory test kit for use in testing patients for the virus.⁸ The kit is for labs in the U.S. and will not be available in U.S. hospitals or other primary care settings.⁸

The CDC recommends travelers **avoid nonessential travel to China, South Korea, Italy, and Iran.**⁹ If you must travel, discuss travel plans with your health care provider; avoid close contact with ill individuals, and avoid animals/animal markets.⁹

