

## COVID-19 Frequently Asked Questions (FAQs)

3.2.2020

### **Q: What is 2019 Novel Coronavirus (COVID-19)?**

A: The 2019 Novel Coronavirus, or COVID-19, is a new respiratory virus first identified in Wuhan, Hubei Province, China.

### **Q: How does the virus spread?**

A: This virus probably originally emerged from an animal source but is now spreading from person-to-person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so.

The virus that causes COVID-19 seems to be spreading sustainably in some affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

## **Prevention**

### **Q: How can I help protect myself?**

There is currently no vaccine to prevent COVID-19 respiratory infection. However, CCHHS recommends the following actions to help prevent the spread of respiratory viruses:

- Get a seasonal flu shot.
- Wash hands frequently.
- Avoid touching eyes, nose or mouth.
- Avoid contact with people who are sick.
- Cover your mouth with your upper sleeve or with a tissue when coughing or sneezing.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces.

Visit the Centers for Disease Control and Prevention (CDC) COVID-19 information website to learn about how to protect yourself from respiratory illnesses, like COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

### **Q: Does the CDC recommend using facemasks?**

CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it. A facemask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected. The use of facemasks also is crucial for health workers and other people who are taking care of someone infected with COVID-19 in close settings (at home or in a health care facility).

## **Medical Information**

### **Q: What are the symptoms and complications that 2019-nCoV can cause?**

A: Current symptoms reported for patients with 2019-nCoV have included mild to severe respiratory illness with fever, cough, and difficulty breathing.

## Public Health Response and Current Situation

### Q: What are the CDC and state and local health departments doing about COVID-19?

A: This is an emerging, rapidly evolving situation and CDC will continue to provide updated information as it becomes available.

Coconino County Health and Human Services (CCHHS), in collaboration with state and federal health officials, is closely monitoring the situation and working with our local partners to ensure our communities are prepared in this situation.

CCHHS has activated the Coconino County COVID-19 Incident Command Team. This is a collaborative CCHHS team between CCHHS Epidemiology, Public Health Emergency Preparedness, Communicable Disease Prevention, Finance and Public Information, under leadership guidance.

The objectives of the team are:

1. Protect the public and prevent spread of COVID-19 using Public Health surveillance, interventions, and epidemiological investigations
2. Provide information to the public, media, providers, healthcare partners and staff to increase public awareness and protect the public

### Q: Am I at risk for COVID-19 infection in the United States?

A: This is an emerging, rapidly evolving situation and CDC and local health departments will continue to provide updated information as it becomes available. Public health professionals work 24/7 to protect people's health. More information about the public health response to COVID-19 is available at <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html#cdc-response>.

### Q: Has anyone in the United States gotten infected?

A: Yes. The first infection with 2019-nCoV in the US was reported on January 21, 2020.

### Q: What should I do if I think I have COVID-19?

A: If you traveled to an affected area or have cared for an individual with confirmed COVID-19 infection and you feel sick with fever, cough, or difficulty breathing, you should:

- 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.
- Avoid contact with others and do not travel while sick

## Travel

### Q: Is it safe to travel to China or other countries where COVID-19 cases have occurred?

A: The situation is evolving. Stay up to date with [CDC's travel health notices related to this outbreak](#). These notices will be updated as more information becomes available.



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