

## Coronavirus Information & FAQ's

### [United States sees cases of new respiratory virus from Wuhan, China](#)

*No cases in Oregon; Local health experts offer guidance for people in the Portland area*

The Centers for Disease Control and Prevention and Oregon Health Authority are closely following an outbreak of a new virus that began in Wuhan City, China in December 2019.

This respiratory infection is called the “novel coronavirus” or “2019-nCoV.” Other outbreaks of coronaviruses, like “SARS” and “MERS”, have caused serious illness. Health officials are still learning about this illness, so advice may change as more information becomes available.

There have been hundreds of people infected with this new coronavirus in multiple countries and several deaths. The first reported case of this virus in the United States was Jan. 21 in Washington State in someone who had recently traveled to Wuhan, China.

### What we know

The virus is now spreading from person to person, and health experts believe it spreads mainly through respiratory droplets when an infected person coughs or sneezes, similar to how influenza spreads.

Symptoms can include cough, trouble breathing and a fever. People who have underlying medical conditions may be at higher risk of severe illness. For other coronaviruses, it can take anywhere from 2 to 14 days for a person exposed to the virus to have symptoms.

## Community Guidance

### **Where should I look for more information?**

For the most current information about this outbreak, go to the [CDC](#) website.

The [Oregon Health Authority](#) will provide Oregon specific information on their website. If you are sick, contact your healthcare provider. Call ahead to talk about your symptoms, travel and risk of coronavirus on the phone before going into a health center.

### **Can I prevent myself from getting sick?**

There have been no illnesses with this virus in Oregon. If it does arrive in Oregon, you can still protect yourself using simple measures like regularly washing your hands and avoiding contact with sick people or animals. These measures help protect against other infections as well.

### **What should I do if I have symptoms?**

Call your healthcare provider ahead of time to decide if you are sick enough that you need to be seen. If so, and you might have a contagious illness, you will need an entry plan to avoid exposing other people to those germs. Your healthcare provider can help you create a good plan. Be sure to let your healthcare provider know about your recent travel.

If you need urgent medical attention, call 9-1-1. Tell the operator if you have recently traveled to an affected area or had recent contact with someone who might be sick with the virus.

### **What will happen to me if I am sick?**

If a healthcare provider thinks you might have the virus, they might first decide if you are healthy enough to stay home or if you need to go to a clinic or hospital. They might also work with local public health to arrange for testing

for the virus. Testing will most likely involve a nose swab, a routine blood sample, coughing up mucus, or giving a urine or stool sample.

If you are seen in a clinic or hospital, your healthcare providers might ask you to put on a mask and make sure you are not around other people. Care providers may show you to a private room and put on gowns, gloves, eye protection, and special masks.

There is no specific treatment for the virus. So far, many people confirmed to have the virus have recovered.

If you are tested for the virus, staff from your local health department will call you to ask about the details of recent travel and people you have been around. Along with your care providers, public health staff will give you information about how to keep from spreading the virus to your family and friends.