

What you need to know about the new coronavirus

As the international coronavirus outbreak rapidly evolves, TRS-ActiveCare is committed to keeping you informed.

The **CVS Health® Enterprise Response and Resiliency** and **Infectious Disease Response** teams continue to monitor the situation and the guidance coming from trusted sources of clinical information, such as the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). For the latest information, please visit the [CDC](#) and/or [WHO](#) websites.

What is this new coronavirus?

The CDC and WHO are actively monitoring the outbreak of a **new virus strain** called the “2019 novel coronavirus,” or “2019-nCoV,” which originated in Wuhan, China. The new virus has infected thousands of people worldwide, causing some deaths. Additional cases have now been reported in the United States.

The CDC recommends avoiding nonessential travel to Wuhan, China. Chinese officials have closed transport going in and out of Wuhan, including buses, subways, trains and the airport. Remain alert if traveling to other parts of China.

Human coronaviruses may cause mild to moderate illness in people. Some human coronaviruses have been known to cause more severe illness. Common signs of infection include:

- respiratory symptoms,
- fever,
- cough,
- shortness of breath, and
- breathing difficulties

In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Human coronaviruses are usually spread from an infected person to others through the air by:

- coughing and sneezing,
- close personal contact (such as shaking hands),
- touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands, and (rarely)
- fecal contamination.

How to protect yourself and others

Although there are currently no vaccines available to protect against human coronavirus infection, you may be able to reduce the risk of infection by:

- washing your hands often with soap and water for at least 20 seconds,
- avoiding touching eyes, nose or mouth with unwashed hands, and
- avoiding close contact with people who are sick.

For information about handwashing, see the CDC's [Clean Hands Save Lives](#) website.

If one has cold-like symptoms, one can help protect others by:

- staying home while they are sick,
- avoiding close contact with other people,
- covering mouth and nose with a tissue when they cough or sneeze (then throwing the tissue in the trash and washing their hands), and
- cleaning and disinfecting objects and surfaces.

If you suspect that you or a loved one has contracted the coronavirus

Most people with common human coronavirus illness will recover on their own. Although there are no specific treatments for illnesses caused by human coronaviruses, your employees can take the following actions to relieve symptoms if they are mildly sick:

- Take pain and fever medications (caution: do not give aspirin to children).
- Use a room humidifier or take a hot shower to help ease a sore throat and cough.
- Drink plenty of liquids.
- Stay home and rest.

If you are concerned about the symptoms, you should see a local health care provider.

You can find more information on the new coronavirus at these links:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>