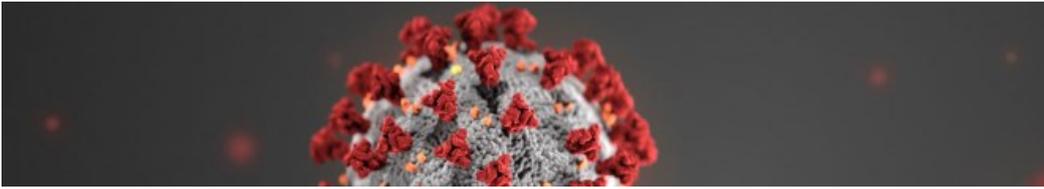


# Novel Coronavirus COVID-19



## What you can do now?

There are things everyone can do to prepare for this virus and prevent the spread of other viruses like influenza. That's because the same things that protect against cold and flu germs also prevent COVID-19.

To protect yourself, your family, and your coworkers:

- Wash your hands often with warm water and soap for at least 20 seconds.
- Cover your mouth with a tissue, sleeve, or elbow (not hands) when you cough or sneeze.
- Stay home if you are sick.
- Keep your immune system strong by eating a healthy diet, getting enough sleep and regular exercise, and by taking care of underlying health conditions.

There are also basic steps every household should take to prepare for any unexpected event:

- Learn about your employer's sick leave and telecommuting policies.
- Establish a childcare plan in the event your kids need to stay home from school.
- Make sure you have the kinds of foods, drinks, medications, and pet supplies you would want if you needed to stay home and limit your contact with other people for a couple weeks.
- Get to know your neighbors, especially those who might need extra help like seniors or people living alone.

## COVID-19

CDC is responding to an outbreak of respiratory disease caused by a novel (new) coronavirus that was first detected in China and which has now been detected in almost 70 locations internationally, including in the United States.

## SYMPTOMS

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of 6 people who get COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough, and difficulty breathing should seek medical attention.

## STAY INFORMED

- [County response](#): Clatsop County Public Health leads the local response to the COVID-19 outbreak.
- [Oregon response](#): The Oregon Health Authority leads the state response to the COVID-19 outbreak.
- [United States response](#): The Centers for Disease Control and Prevention leads the U.S. response to the COVID-19 outbreak.
- [Global response](#): The World Health Organization guides the global response to the COVID-19 outbreak.
- [Mapping the Outbreak](#): John Hopkins University Center for Systems Science and Engineering is mapping the global outbreak daily.

## QUESTIONS?

[Read frequently asked questions](#) and submit your questions online.

[Dial 2-1-1\(link is external\)](#), 7 days a week 8 a.m. to 11 p.m. for answers to your basic COVID-19 questions.