

Get the Facts on the New Coronavirus

The new coronavirus, COVID-19, is certainly on all of our minds. But with a lot of misinformation out there, you can help ensure you're only seeing the facts by getting your coronavirus news from trusted resources like the [Centers for Disease Control](#) or the [World Health Organization](#), and checking them regularly.

Help protect your health

Following these simple steps can help protect you and your community from the new coronavirus, the flu and other common illnesses.

Avoid touching your face

Try not to touch your eyes, nose or mouth without washing your hands first.

Put your well-being first

Not feeling well? Take the day off to help prevent yourself from spreading germs or feeling any worse.

Keep clean hands

Wash your hands often, especially after being in public or handling money, using your cellphone or typing on your keyboard—which all tend to be covered in germs.

Practice healthy habits

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Travel safely

Before you book a trip or get on a plane, [check the Centers for Disease Control and Prevention travel safety page](#) to confirm current guidelines or warnings.

Symptoms of the new coronavirus

Reported illnesses have ranged from mild symptoms to severe illness, and appear between two and 14 days. Symptoms can include:

- Fever
- Cough
- Shortness of breath

Call your health care provider if you have any symptoms, have been in close contact with a person known to have COVID-19, or have recently traveled from an area with widespread or ongoing community spread of COVID-19.

SOURCES

WebMD: "Germiest Places in Your Office"
Centers for Disease Control and Prevention: "Healthy Habits to Help Prevent Flu"
Centers for Disease Control and Prevention: "Coronavirus Disease 2019 (COVID-19): Symptoms"
World Health Organization: "Coronavirus disease (COVID-19) advice for the public"
Centers for Disease Control and Prevention: "What to Do If You Are Sick With Coronavirus Disease 2019 (COVID-19)"
World Health Organization: "Q&A on coronaviruses (COVID-19)"
Centers for Disease Control and Prevention: "Coronavirus Disease 2019 (COVID-19): Frequently Asked Questions"



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