

What is a coronavirus?

Coronaviruses are a large family of viruses found in both animals and humans. Some infect people and are known to cause illness ranging from the common cold to more severe diseases. A novel coronavirus (CoV) is a new strain of coronavirus that has not been previously identified in humans. The new, or "novel" coronavirus, now called COVID-19, had not previously detected before the outbreak in December 2019.

Symptoms

People with COVID-19 typically develop respiratory symptoms such as fever, cough, and runny nose, similar to seasonal flu or cold. Those who are immune compromised or have pre-existing conditions appear to be more vulnerable to becoming severely ill.

Protect yourself and others

- Avoid close contact with people who are sick
- Stay home and do not travel if you are sick

Maintain good personal hygiene

- Wash your hands frequently for at least 20 seconds
- Carry hand sanitizer for use when soap and water are not available
- Avoid touching your eyes, mouth, and nose with unwashed hands
- Cover your mouth and nose when coughing or sneezing
- Ensure all food, including eggs, is thoroughly cooked
- Avoid direct contact with animals (live or dead) and their environment
- Be sure all immunizations are up-to-date, including flu shots
- If you develop symptoms, seek medical attention immediately



If you are concerned you are sick

- Stay home except to get medical care
- Separate yourself from other people in your home
- Call ahead before visiting your doctor
- Wear a facemask
- Cover your coughs and sneezes
- Clean your hands
- Avoid sharing personal household items

The use of face masks

Public health experts do not recommend the use of masks by persons who are well to prevent illness, but they can benefit those experiencing symptoms by helping to limit the spread of infection through respiratory droplets.

Resources

[World Health Organization](https://www.who.int/)

Barbados: PAHO <https://www.paho.org/ecc/>

Medical Emergency

Call Hotline at 246-536-4500

