

# NOVEL CORONAVIRUS 101

You may be feeling concerned about the coronavirus, also referred to as COVID-19, which has been in the news. If so, you're not alone. Here is some helpful information about the virus, and what you can do to protect yourself.

## What is coronavirus?

The new coronavirus, which causes a disease known as COVID-19, is a contagious virus that can cause a fever, cough, and shortness of breath. The symptoms are like the common cold, but it can lead to a more serious illness.

## What are the symptoms?

The most common symptoms are fever, cough, and shortness of breath.

## What do I do if I have these symptoms?

If you develop these or any flu-like symptoms, we're here to help.

- **If you are 18 or older, try an e-visit** to get online care and advice for cold, cough, and flu; be screened for coronavirus; and get treatment for your symptoms if necessary.
  - To get started, sign in to the Kaiser Permanente app or **kp.org**.
- Call **1-800-813-2000 (TTY 711)** to talk to an Advice Nurse 24/7.

## How is coronavirus spread?

Coronavirus is spread through contact with other people who have the virus. Some of the ways it is spread are:

- Coughing and sneezing
- Close contact with others who have the virus
- Touching surfaces with the virus, then touching your eyes or mouth without washing your hands

## What can I do to protect myself?

You should follow the basic steps that are recommended to prevent the spread of colds or the flu.

- Avoid close contact with people who are sick.
- Wash your hands with soap and water regularly for at least 20 seconds.
  - Alcohol hand sanitizers are also effective.
- Try not to touch your eyes, nose, and mouth with unwashed hands.
- Cough or sneeze into a tissue or your elbow. If you use a tissue, wash your hands afterwards.
- Stay home when you are sick (except to get medical care). Keep sick children home from school.
- Clean and disinfect frequently touched objects and surfaces.

## Is there a vaccine for coronavirus?

There is no specific vaccine or treatment for coronavirus. Like the flu, most people will recover on their own.

## Where can I get the most updated information from Kaiser Permanente?

For the most up to date information and answers to frequently asked question, please visit **kp.org**.



To get care, sign in to the Kaiser Permanente app, visit **kp.org/getcare**, or call us at **1-800-813-2000 (TTY 711)**.

