

Information about novel coronavirus 2019-nCoV

Since December of 2019, reports of a new respiratory virus, novel coronavirus (2019-nCoV), have been increasing rapidly in the province of Hubei and the capital Wuhan in central China.

Coronaviruses typically have flu-like symptoms such as fever and cough, but they can also lead to severe respiratory tract infections (pneumonia) and difficulty breathing. The transmission of these viruses from person to person occurs primarily via respiratory secretions. Thus they can be transmitted by kissing, speaking face-to-face, direct contact with vomit, mouth-to-mouth resuscitation, coughing, sneezing etc.

If you are currently experiencing symptoms such as fever and shortness of breath and you were in China in the past 14 days or you have been in personal contact with a person who is infected by the coronavirus, please contact your doctor by telephone. Before you schedule a visit, inform your doctor / the hospital that you were recently in the regions currently affected by the coronavirus outbreak or have been in contact with an infected person and are currently experiencing similar symptoms (fever, for example).

To reduce the risk of virus transmission for yourself and those around you, follow these simple precautions:

- Thoroughly and regularly wash your hands with soap
 - Avoid touching your eyes, nose and mouth
 - Sneeze and cough into your elbow, not your hand(s)
 - Maintain your distance when interacting with others
 - Avoid shaking hands
- If you are feeling ill, remain at home and avoid personal contact with others as much as possible, even family or roommates. Eat at separate times and keep to separate rooms as much as possible. Ventilate thoroughly and often by fully opening your windows for a period of time.
- If you are feeling ill, be sure to jot down your symptoms, body temperature, general activities and any contact with others you have had recently
- For more information, particularly about novel coronavirus, please visit the website of the World Health Organization (WHO) at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019> .

You can also contact Kleve Health Services for additional information and advice at 02821-86-316 during normal business hours.