

2019 NOVEL CORONAVIRUS (NCOV-2019)

THIS FACT SHEET IS INTENDED TO PROVIDE ALL EMPLOYEES OF SUNY UPSTATE WITH INFORMATION REGARDING THE 2019 NOVEL CORONAVIRUS, WHICH BEGAN IN DECEMBER 2019 IN WUHAN CITY, CHINA.

NOVEL CORONAVIRUS FACTS:

- Coronaviruses are a large family of viruses that are common in many species of animals, including humans. However, much still remains unknown about this particular 2019 Novel Coronavirus.
- Transmission is spread from an infected person to another person with whom they have had close contact (about 6 feet) within 14 days.
- Transmission occurs mainly via respiratory droplets produced when an infected person coughs or sneezes (similar to how influenza & other respiratory pathogens are spread). These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- It's currently unclear if a person can get 2019-nCoV by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.
- Typically viruses are spread when someone who is sick with a fever, cough, or sneezing comes in close contact with another person. With Novel Coronavirus, spread seems to also occur from an infected patient with no symptoms to a close contact.
- Symptoms of the Novel Coronavirus include: fever, chills, muscle aches, headache, diarrhea, cough & shortness of breath.
- The best way to prevent infection is to avoid being exposed to this virus.
- **Upstate encourages staff to avoid all non-essential travel to China.**



THE CDC (CENTER FOR DISEASE CONTROL) RECOMMENDS EVERYDAY PREVENTIVE ACTIONS TO HELP PREVENT THE SPREAD OF RESPIRATORY VIRUSES, INCLUDING:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, an alcohol-based hand sanitizer is preferred.
- Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick. Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Frequently clean and disinfect frequently touched objects and surfaces using hospital approved disinfectant cleaning spray or wipes.



STAFF ARE ADVISED TO CALL THE UPSTATE TRIAGE & TRANSFER CENTER AT (315) 464-8436 TO DISCUSS THEIR INDIVIDUAL SITUATION:

- If you are at work & feel the onset of symptoms, wear a surgical mask & talk with your supervisor.
- If you have recently traveled to China & are symptomatic you should avoid the campus & the hospital.
- If you have recently returned from China & have no symptoms.
- If you have upcoming plans to travel to China, or other travel questions.

