

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)**.

