Hello,

The Student Health and Wellness Center would like to share information with you regarding the outbreak of respiratory illness caused by a 2019 novel coronavirus that originated in Wuhan, China. All though, two cases have been confirmed in California, one in Los Angeles County and one in Orange County, there are no cases in Kern County at this time.

**What is a novel coronavirus?**
According to Centers for Disease Control and Prevention (CDC), Coronaviruses are a large family of viruses, some causing illness in people and others that circulate among animals, including camels, cats and bats. Early on, many of the patients in the outbreak in Wuhan, China reportedly had some link to a large seafood and animal market, suggesting the virus likely emerged from an animal source. Analysis of the genetic tree of this virus is ongoing to know the specific source of the virus.

**What are the symptoms?**
For confirmed 2019-nCoV infections, reported illnesses have ranged from infected people with little to no symptoms to people being severely ill and dying. Symptoms can include:
- Fever
- Headache
- Cough
- Runny nose
- Sore throat
- A general feeling of being unwell

CDC believes at this time that symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 after exposure. This is based on what has been seen previously as the incubation period of MERS viruses.

**How does the virus spread?**
Coronavirus most commonly spreads from an infected person to others through:
- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching your mouth, nose, or eyes after touching an object or surface with the virus on it
- Rarely, fecal contamination

**How do I protect myself from Coronavirus?**
There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. Right now, 2019-nCoV has not been found to be spreading in the United States, so there are no additional precautions recommended for the general public to take. However, as a reminder, CDC always 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. If soap and water are not available, use an alcohol-based hand sanitizer.
- 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.
• Clean and disinfect frequently touched objects and surfaces.

Your risk is very low if you have not been to Wuhan, China, and have not been in close contact with someone who has and is sick. If you have recently been to Wuhan, China and feel sick please:
• Stay home and avoid contact with others, except for seeking medical care
• Seek medical care right away, beginning with a call to your provider informing them about your recent travel and symptoms

What is the Treatment for Novel Coronavirus?
Most people with illnesses due to common coronavirus infections recover on their own. There are no specific treatments for coronavirus infection. For patients who are more severely ill, hospitals can provide supportive care. We are learning more about this novel coronavirus and treatment may change over time.

Resources:
For more information regarding Coronavirus, visit CDC’s website at https://www.cdc.gov/coronavirus
California Department of Public Health: https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx

Best,
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➔ BC SouthWest Cell/Text: (661) 747-6076
➔ Delano Campus Cell/Text: (661) 747-1601

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