



2019 Novel (New) Coronavirus

With the growing concern over the Coronavirus, the Providers at Kids First Pediatrics wanted to provide you with information about this rapidly evolving outbreak. Our staff will be asking screening questions about recent travel or illness to best protect your children, other children, and our staff.

Background

Human Coronaviruses are a family of viruses that commonly cause mild to moderate illness like the common cold. Almost everyone gets infected with one of these viruses at some point in their lives, and most of the time the illness lasts for a short amount of time.

A new coronavirus

A new human coronavirus, called the 2019 Novel Coronavirus (2019-nCoV), was discovered in Wuhan City, China, in December 2019 and has now been detected in 60 locations internationally, including in the United States. While we know it's contagious, it is still not known how easily it spreads from person to person. Public health officials are actively investigating this virus to learn more about its impact.

People with confirmed cases of the Novel Coronavirus reported illnesses ranging from mild to severe. Symptoms are similar to the flu and can include:

- Fever
- Cough
- Shortness of breath
- Body aches
- Tiredness
- Sore throat
- Headache
- Diarrhea
- Pneumonia



How to protect your family

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. However, here are a few other ways you can [keep your family healthy](#) and help prevent the spread of 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](#).
- Keep your kids away from others who are sick or keep them home if they are ill.
- Teach kids to cough and sneeze into their arm or elbow, not their hands.
- Clean and [disinfect](#) household objects and surfaces in your home.
- Avoid travel to China until this outbreak has passed.

If you have recently traveled to China and have any of the symptoms above, talk to your doctor. You may need to be tested and may be told to stay home for up to 14 days to prevent the spread of the virus, even though you may not have symptoms.

Families are also encouraged to stay up to date about this situation as we learn more about how to prevent this virus from spreading in homes and in communities. The most current information can be found on the [CDCs website](#).

Confirmed COVID-19 Cases Global Map



Situation in U.S.

- Imported cases of COVID-19 in travelers have been [detected in the U.S.](#)
- [Person-to-person](#) spread of COVID-19 was first reported among close contacts of returned travelers from Wuhan.
- During the week of February 23, CDC reported community spread of the virus that causes COVID-19 in [California \(in two places\), Oregon and Washington](#). Community spread in Washington resulted in [the first death in the United States](#) from COVID-19, as well as the first reported case of COVID-19 in a health care worker, and the first potential outbreak in a long-term care facility.

Risk Assessment

Outbreaks of novel virus infections among people are always of public health concern. The risk from these outbreaks depends on characteristics of the virus, including how well it spreads between people, the severity of resulting illness, and the medical or other measures available to control the impact of the virus (for example, vaccine or treatment medications). The fact that this disease has caused illness, including illness resulting in death, and sustained person-to-person spread is concerning.

There is still much to learn about the unfolding situations in California, Oregon and Washington, preliminary information raises the level of concern about the immediate threat for COVID-19 for certain communities in the United States. At this time, however, most people in the United States will have little immediate risk of exposure to this virus. This virus is NOT currently spreading widely in the United States. This is a rapidly evolving situation and the risk assessment will be updated as needed.

If you/your child are experiencing fever and lower respiratory symptoms, such as cough or shortness of breath AND have travelled to China in the past 14 days, been in contact with someone who has traveled to China in the past 14 days or have been in contact with someone suspected of having the COVID-19 virus in the past 14 days, please notify our office.

This is a rapidly evolving story. An excellent resources for up to date information on the Wuhan Coronavirus include the Centers for Disease Control and Prevention [cdc.gov](https://www.cdc.gov).

This information is from the CDC as well as the American Academy of Pediatrics