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HEALTH INFORMATION

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2019 Novel Coronavirus (nCoV) Recommendations for the Community

The 2019-nCoV is a new virus and was first seen during an outbreak in Wuhan, China. Currently, there is no vaccine and the best way to not become sick is to not be close to someone who is sick with the 2019-nCoV. The MCDPH wants to remind everyone to avoid touching eyes, nose, and mouth with unwashed hands, cover your mouth when you cough, stay home when you are sick, wash your hands with soap and water, and clean frequently touched surfaces with wipes as ways to not get sick from all respiratory illnesses, not just the 2019-nCoV.

There is very little chance of getting 2019-nCoV in Madera County at this time.

A person who has the virus can spread the virus to someone who is close (about 6 feet) through sneezing or coughing.

Patients who have the 2019-nCoV usually have mild to severe illness. Symptoms can be:

- Fever
- Cough
- Shortness of Breath

People who are very sick can get pneumonia in both lungs.

If you think that you or someone you know might be sick with the 2019-nCoV because *you or that person had traveled to China in the past 14 days OR been close (about 6 feet) to someone who has the 2019-nCoV in the past 14 days* **AND** began having fever or symptoms like cough or shortness of breath,

1. Call your doctor or have the sick person call his/her doctor to tell the doctor about this concern.
2. Make an appointment to be seen by the doctor so he/she can evaluate you.
3. When you arrive at the clinic, ask for a mask and immediately put it on.
4. If the doctor thinks that you or someone may have the 2019-nCoV, he/she should call the MCDPH Communicable Disease Control Program at (559) 675-7893, to receive further guidance on what to do.

Categories of Health Alert Messages:

Health Alert: Conveys the highest level of importance; warrants immediate action or attention

Health Advisory: Provides important information for a specific incident or situation; may not require immediate action

Health Update: Provides updated information regarding an incident or situation; unlikely to require immediate action

Health Information: Provides general health information which is not considered to be of emergent nature



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If you would like to know more about the 2019-nCoV outbreak, please visit the Centers for Disease Control and Prevention 2019 Novel Coronavirus website:
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html> for the most up-to-date information.

If you have any questions or concerns regarding this recommendation, please contact the MCDPH Communicable Disease Control Program at (559) 675-7893.

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