The Centers for Disease Control and Prevention (CDC) is closely monitoring developments around an outbreak of respiratory illness caused by the coronavirus first identified in Wuhan, Hubei Province, China. The first case in the United States was announced on January 21, 2020. There are ongoing investigations to learn more and Parkland College wants to ensure that you have information to protect yourselves and others in our community.

What is Coronavirus?

Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold, and usually only last for a short amount of time. Symptoms may include:

- runny nose

- headache

- cough

- sore throat

- fever

- a general feeling of being unwell

Sometimes this virus can cause lower-respiratory tract illnesses, such as pneumonia or bronchitis. This occurrence is more common in people with cardiopulmonary disease, weakened immune systems, infants, and older adults.

Transmission

Human coronaviruses most commonly spread from an infected person to others through:

- the air by coughing and sneezing

- close personal contact, such as touching or shaking hands

- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

- rarely, fecal contamination

Prevention

No vaccines are currently available however, you may be able to reduce your risk of infection by doing the following:

- wash your hands often with soap and water for at least 20 seconds

- avoid touching your eyes, nose, or mouth with unwashed hands

- avoid close contact with people who are sick

For information about hand washing, see [CDC's Clean Hands Save Lives!](#)

How to protect others

If you have cold-like symptoms:

- stay home while you are sick

- avoid close contact with others

- cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands

- clean and disinfect objects and surfaces

Treatment

There is no specific treatment for this illness however, you may be able to relieve your symptoms by:

- taking pain and fever medications (Caution: do not give Aspirin to children)

- using a room humidifier or take a hot shower to help ease a sore throat and cough

If you are mildly sick, you should:

- drink plenty of liquids

- stay home and rest

If you believe you at risk for coronavirus or are experiencing symptoms such as fever, cough, or shortness of breath, please contact your health provider immediately.

More resources and information are available at the following link:

https://www.cdc.gov/coronavirus/index.html