

# Coronavirus Disease 2019: Share the Facts, Stop Fear



Crisis and Disaster

In January 2020, the United States Health and Human Services Secretary declared a public health emergency in response to the coronavirus disease 2019 outbreak. Below are some facts about the disease you might find helpful.

## What is Coronavirus Disease 2019?

According to the Centers for Disease Control and Prevention (CDC), coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Share the Facts, Stop Fear

- 1 Diseases can make anyone sick regardless of their race or ethnicity.** People of Asian descent, including Chinese Americans, are not more likely to get COVID-19. Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.
- 2 For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.** Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.
- 3 Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**
- 4 You can help stop COVID-19 by knowing the signs and symptoms.** According to the CDC the following can be signs of COVID-19:
  - Fever
  - Cough
  - Shortness of breathSeek medical advice if you develop symptoms and have been in close contact with a person known to have COVID-19 or live in or have recently traveled from an

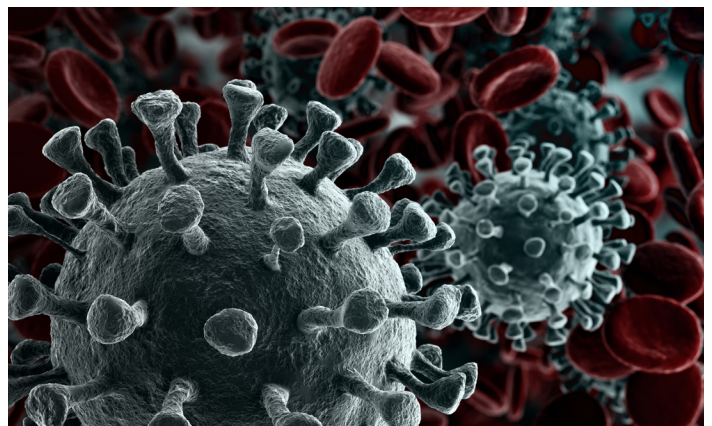
area with ongoing cases. Call ahead before you go to a doctor's office or emergency room.

- 5 There are simple things you can do to help keep yourself and others healthy.** The CDC suggests:
  - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
  - Stay home when you are sick.
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**For the most up-to-date information about the coronavirus disease 2019 visit the CDC website at [www.cdc.gov/coronavirus/2019-nCoV](https://www.cdc.gov/coronavirus/2019-nCoV).**

Outbreaks like this can create an elevated level of anxiety. Your Employee Assistance Program (EAP) is a free benefit that can assist you with behavioral health and other resources that may be helpful.

Source: Centers for Disease Control and Prevention  
<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-stop-fear.html>



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