What is this new Coronavirus?

The virus was actually given the name Severe Acute Respiratory Coronavirus-2 (SARS-CoV-2). No one needs to know that name. It was identified as the cause of a respiratory illness outbreak first detected in China in December 2019. The Centers for Disease Control and Prevention (CDC) has the most **up-to-date information on COVID-19 cases in the United States**.

The illness that it causes has been named Coronavirus Disease-19 (COVID-19). This new virus has not been in humans before. Early studies suggest that it likely originated from a bat virus that mixed with a human virus.

What are the symptoms of COVID-19?

The most common symptoms are a fever that comes and goes, then cough, tiredness, and shortness of breath. Symptoms like runny nose and sore throat are less common in COVID-19. The CDC will update **the symptoms** as more studies are available.

What is the situation in the US and Utah with COVID-19?

This seems to change hourly right now. Cases are spreading quickly. Both the CDC and the Utah Department of Health are updating frequently.

Who is the most vulnerable to become very sick from COVID-19?

Adults older than 60 years of age and those with underlying medical conditions have shown more serious coronavirus symptoms. The CDC is recommending if you have these risks to not go out as much and when you are out distance yourself as best as you can from others. Also, be prepared to stay in.

How do I protect myself?

Just like preventive methods to prevent the spread of other respiratory viruses, the **CDC recommends**:

- Practice good hand hygiene.
- Use hand sanitizer or wash hand for 20 seconds. Remind children to do this after going to the bathroom, before eating and after blowing their nose, coughing or sneezing.
- Avoid touching your eyes, nose and mouth.
- Cover your cough and sneezes.
- Avoid close contact with people who are ill.
- Get the flu vaccination for everyone 6 months and older.
- Stay home when you are sick.
- Clean and disinfect surfaces.
- Practice safe social distancing of at least 3 feet or more.

How do you get infected (catch) this virus?

The virus likely **spreads** through droplets produced when a person coughs or sneezes. Current data indicates that some people infected with COVID-19 can transmit the virus before having symptoms.

What symptoms does COVID-19 cause in babies and children?

The good news is that children seem to have milder forms of the illness. Coronavirus symptoms in kids range from infection with no symptoms, to mild upper respiratory symptoms with fever and cough, to pneumonia requiring hospitalization.

In general (like with the flu virus), babies can be at a higher risk for respiratory infections. But, so far, the very limited studies available about COVID-19, show that this illness has been mild for babies.

There have been no reports of children dying from coronavirus.

Does the COVID-19 affect pregnant women differently?

This also looks like some good news, because the rates in pregnant women of complications and severe symptoms needing oxygen or a hospital are barely up from their baseline risk based on their age.

Does COVID -19 affect a pregnant woman's baby?

We do not have enough data or time since this virus started circulating to have any information about that. Hopefully answers will come.

How do I get tested for COVID-19?

The testing has been very limited so far with testing run through the state lab department. They are currently only testing those with a related travel history, exposure risk factors or those with severe symptoms at this time, but call your provider with your concerns if you think you need to be tested. We can help sort through the symptoms and exposures.

Is all this coughing I hear from people COVID-19?

No, at this point of the year, there is still high influenza activity that is affecting all ages of our population. There is high RSV circulating in children and also another virus called Metapneumovirus that is causing a lot of wet coughs in children. There are the regular old coronaviruses around as well that caused cough and runny nose. Germwatch is a way to see what is circulating. There are also plenty of other of reasons for a cough like asthma with the weather changing and chronic coughs in the older populations that aren't infectious.

Do children who have underlying health issue get sick with coronavirus?

Fortunately, the studies we have suggests that children are unlikely to become severely ill with COVID-19. However, children with certain underlying conditions may be at higher risk, specifically those children with problems that impact the heart or lungs or ability to fight infection. The children should be extra vigilant about prevention. Examples of conditions include:

- Chronic lung disease

- Heart disease

- Neurologic conditions (including muscle disorders)

- Immunodeficiency conditions

- Organ transplant

- Cancer treatment

- Treatment with medications that lower the immune system