



Novel (new) Coronavirus (nCoV)

What is a coronavirus (CoV)?

Coronaviruses are a large family of viruses found in both animals and humans. Some infect people and are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

What is a novel (new) coronavirus (nCoV)?

A novel coronavirus (nCoV) is a new strain of coronavirus that has not been previously identified in humans.

How is the nCoV spread?

The new coronavirus (nCoV) is a respiratory virus which spreads primarily through contact with an infected person through respiratory droplets generated when a person, for example, coughs or sneezes, or through droplets of saliva or discharge from the nose.

It is important that everyone practice good respiratory hygiene. For example, sneeze or cough into a flexed elbow, or use a tissue and discard it immediately into a closed bin. It is also very important for people to wash their hands regularly with either alcohol-based hand rub or soap and water.

What are the symptoms?

As with other respiratory illnesses, infection with novel coronavirus (nCoV) can cause mild symptoms including a runny nose, sore throat, cough, and fever. It can be more severe for some persons and can lead to pneumonia or breathing difficulties. More rarely, the disease can be fatal. Older people, and people with pre-

existing medical conditions (such as, diabetes and heart disease) appear to be more vulnerable to becoming severely ill with the virus.

Am I at risk?

At present the risk for exposure to this new coronavirus (nCoV) is:

- travel to or living in China
- being a healthcare worker who has been working in an environment where suspect cases of nCoV are being cared for
- being a close contact of a person suspected or confirmed to have nCoV

Can I travel to an affected areas?

There are no travel restrictions put in place by the World Health Organization, however, affected countries/cities may limit travel to and from their jurisdictions.

Even if travel is allowed, non-essential travel to the affected areas should be avoided at this time.

What if I have recently travelled to China and have developed fever and respiratory symptoms?

Ill travelers should delay travel until cleared to travel by a doctor or public health authority.

If you have recently travelled to China (within 14 days of arrival in Bermuda) and have fever and/or respiratory symptoms upon arrival at L F Wade International Airport, inform the Customs Officer of the places you have visited and your symptoms (fever, cough, etc.). You will be referred to a health officer for further assessment in a private setting. This will help to protect other people who may be in the airport.

If you develop a fever and respiratory symptoms within 14 days after traveling from China, you should contact your healthcare provider and mention your recent travel.

Inform the healthcare provider/facility about your recent travel and your symptoms before you go to the office or emergency room. Advance notice will help the doctor care for you and make appropriate preparations to protect others.

Is there a vaccine for the new coronavirus?

To date, there is no vaccine to prevent the new coronavirus.

Is there a treatment for the new coronavirus?

To date, there is no specific medicine recommended to prevent or treat the novel coronavirus. However, those infected with the new coronavirus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive medically supportive care.

How can I protect myself?

Avoid non-essential travel to affected areas at this time.

If travelling to affected areas, reduce the general risk of respiratory infections:

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact, such as kissing, sharing cups, or sharing eating utensils, with sick people.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs.
- Avoid close contact with live or dead farm or wild animals.

Are local authorities monitoring the new coronavirus outbreak?

The Epidemiology and Surveillance Unit in the Ministry of Health regularly monitors communicable diseases and syndromes that may affect our community both locally and globally. This monitoring allows for early detection and appropriate response to unusual events and outbreaks of disease such as the new coronavirus.

Adapted from:

Novel Coronavirus (2019-nCoV). World Health Organization, 2019. Retrieved 4 February 2020 from

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