

Guidance for Persons Potentially Exposed to the 2019 Novel Coronavirus

There is an outbreak of respiratory illness caused by a novel (new) coronavirus (termed “2019-nCoV”) that was first detected in Wuhan City, Hubei Province, China and which continues to grow. Chinese health officials have reported hundreds of 2019-nCoV infections in China, including outside of Hubei Province. Infections of 2019-nCoV also are being reported in a growing number of countries globally, including the United States.

If you live with, or have had close contact with, someone who has, or might have, the 2019 Novel Coronavirus:

- Monitor your health starting from the day you first had close contact with the person who has, or is being evaluated for, 2019-nCoV infection, and continue monitoring for 14 days after you last had close contact with the person.
- **Watch for these signs and symptoms:**
 - **Fever. Take your temperature at least twice a day.**
 - **Coughing, shortness of breath or difficulty breathing**
 - **Chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.**
- Isolate the person who has been, or may be, diagnosed with 2019-nCoV.
 - Only those who are essential to providing care for the person should be in the home. Other household members should stay in another home or place of residence.
 - If it is not possible to relocate, others should stay in another room and be separated from the person as much as possible.
- **Wash hands frequently** with soap and water and avoid touching your eyes, nose, and mouth. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Avoid sharing household items like dishes, cups, eating utensils, and bedding with anybody who has or may have coronavirus.
- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, remotes, tablets, and bedside tables with a diluted bleach solution or a household disinfectant that is labeled “EPA-approved.”
 - To make a diluted bleach solution, add 1 tablespoon bleach to 1 quart of water. Discard of unused solution, do not save for another cleaning.

If you do not have any symptoms, you may continue your daily activities such as going to work, school, or other places.

In the event of a life threatening illness or serious injury, call 911 for emergency assistance. If you develop any of the symptoms listed above, please call Campus Health at 520-621-6490 Monday, Tuesday, Thursday or Friday from 8 a.m. to 4:30 p.m. and Wednesday from 9 a.m. to 4:30 p.m., or call the emergency line, 520-570-7898, after hours or on weekends. A medical provider is always on call. To protect other patients and staff, **please tell your provider you may have 2019-nCoV before your appointment.**

Any questions may be directed to the Pima County Health Department, 520-724-7797.