

# Coronavirus Outbreak

After weeks of spreading throughout China and into several countries around the globe, the novel coronavirus (2019-nCoV) has now been designated "a public health emergency of international concern." This announcement from the World Health Organization means that there is a greater probability for a much larger outbreak.

2019-nCoV is a potentially deadly and highly contagious virus that can be transmitted through human-to-human contact. It is called the novel coronavirus, because it is a new (novel) coronavirus that is still being examined. While researchers work to uncover the background of this outbreak and the impact of the resulting illness, it's important to remember that even though there are confirmed cases of 2019-nCoV within the United States, the risk to the general American public is still considered low by the Centers for Disease Control. Staying aware of the current situation and actively working to maintain your overall health and wellbeing are the best steps to take right now.

In this special resource section, you'll learn about coronaviruses, find resources related to the current outbreak, and discover the steps you should take to prepare your family should a viral outbreak happen in your community.

As always, follow the guidelines and information provided by the agencies responsible for monitoring and responding to concerns of this nature. Trusting your family's health and wellbeing to untrusted sources of information may unnecessarily aggravate concerns or worry younger family members who do not have a full understanding of the situation. Remember, the EAP is available and here to help.

1. CDC Coronavirus Background and Updates
2. CDC Live Updates & News
3. CNN Coronavirus News & Updates
4. WHO Coronavirus International Concern Announcement
5. WHO Coronavirus News & Information



## What You Can Do

Remember to take everyday preventive actions that are always recommended to prevent the spread of respiratory viruses.

- Avoid close contact with sick people.
- While sick, limit contact with others as much as possible.
- Stay home if you are sick.
- Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.

If you feel sick with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with 2019-nCoV in the 14 days before you began to feel sick, seek medical care. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.

Content source: National Center for Immunization and Respiratory Diseases (NCIRD)

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