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### **The Public Health Response and Current Situation**

1. As of January 27, 2020, the Centers for Disease Control and Prevention (“CDC”) has issued a **Level 3 health travel notice** (the highest threat level) recommending that people avoid all nonessential travel to China.
2. On January 30, 2020, the World Health Organization (“WHO”) declared the Coronavirus outbreak a “public health emergency of international concern.” After WHO’s global health emergency declaration, the U.S Department of State raised its China travel advisory to **Level 4: “Do Not Travel.”**
3. On January 31, 2020, the U.S. Department of Health and Human Services declared a public health emergency in the United States and implemented the following:
  - Any U.S. citizen returning to the U.S. who has been in the Hubei province of mainland China in the previous 14 days will be subject to up to 14 days of mandatory quarantine.
  - Any U.S. citizen returning to the U.S. who has been in any other part of mainland China within the previous 14 days will undergo proactive entry health screening at a select number of ports of entry and up to 14 days of monitored self-quarantine to ensure they have not contracted the virus and do not pose a public health risk.
  - The U.S. President signed a presidential proclamation, suspending the entry into the United States of foreign nationals, other than immediate family of U.S. citizens and permanent residents, who have traveled in China within the last 14 days.

### **What is the Coronavirus?**

The Coronavirus is a respiratory virus first identified in Wuhan, Hubei province of China. This virus most likely originally emerged from an animal source but now seems to be spreading person-to-person. For confirmed Coronavirus infections, reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying. Symptoms can include fever, cough, and shortness of breath. The CDC believes at this time that symptoms of the Coronavirus may appear in as few as two or as long as fourteen days after exposure.

### **How does the Coronavirus Spread?**

According to the CDC, little is known about how the Coronavirus spreads. Most often, spread from person-to-person happens from close contacts (about six feet). Person-to-person spread occurs mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. These droplets can land in the

mouths or noses of people who are nearby or can be inhaled into the lungs. It is currently unclear if a person can contract Coronavirus by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

Typically, as with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (the sickest). With the 2019 Novel Coronavirus, however, there have been [reports](#) of spread from an infected patient who had no symptoms to a close contact. There is much more to learn about the transmissibility, severity, and other features associated with the Coronavirus and investigations are ongoing.

Anyone who has recently traveled from Wuhan City, China or other affected areas in the past two weeks or have had close contact with someone suspected or known to have 2019-nCoV should watch for flu-like symptoms, including fever, sore throat, cough, or difficulty breathing.

### **Symptoms of Coronavirus**

Typically, human coronaviruses cause mild-to-moderate respiratory illness. Symptoms are very similar to the flu, including runny nose, headache, coughing, sore throat, fever, and shortness of breath. The symptoms can appear in as few as 2 days or as long as 14 days after exposure.

### **What is the Treatment for Novel Coronavirus?**

Most people with illnesses due to common coronavirus infections recover on their own. There are no specific treatments for coronavirus infection. For patients who are more severely ill, hospitals can provide supportive care. We are learning more about this novel coronavirus and treatment may change over time.

### **What do I do if I experience these types of symptoms?**

If you think you have been exposed to coronavirus, contact your health care provider immediately.

### **How can you protect yourself?**

Practice everyday preventive actions to help prevent the spread of respiratory viruses, including:

- 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 sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

The California Department of Public Health does not recommend the use of masks for general prevention and says that handwashing provides better protection from infectious diseases.

**Resources:**

- ✓ California Department of Public Health:  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>
- ✓ CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- ✓ Siskiyou County Public Health Department: <https://www.co.siskiyou.ca.us/publichealth>
- ✓ U.S. State Department:  
<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories/china-travel-advisory.html>
- ✓ New England Journal of Medicine: <https://www.nejm.org/doi/full/10.1056/NEJMc2001468>