

Coronavirus (COVID-19) FAQ's

What is Coronavirus Disease 2019 (COVID-19)?

Coronaviruses are a large family of viruses. Some coronaviruses cause cold-like illnesses in people. Others cause illness in certain types of animals, such as cattle, camels and bats. Rarely, animal coronaviruses can spread to people. This happened with Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). The virus that causes COVID-19 likely also originated in an animal and spread to humans. The coronavirus most similar to the virus causing COVID-19 is SARS. There are ongoing investigations to learn more. COVID-19 was first identified when it caused an outbreak of respiratory illness in Wuhan, Hubei Province, China in 2019.

How severe is COVID-19?

Coronaviruses cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). As with any newly emerging infectious disease, knowledge about COVID-19 is evolving with time. At this point, it is clear that the virus can pass person-to-person and cause severe disease.

How does novel coronavirus spread?

Current knowledge of how COVID-19 spreads is largely based on what is known about similar coronaviruses, such as [MERS](#) and [SARS](#). Most often, spread of these viruses from person- to-person happens among close contact (within about 6 feet for a prolonged period). Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. It is currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. With most respiratory viruses, people are thought to be most contagious when they are the sickest. Research to clarify the transmissibility, severity, and other features associated with COVID-19 is ongoing. This information will further inform the [risk assessment](#).

How concerned should people in Orange County, CA be about COVID-19?

At this time, the risk to the general public is low. As a point comparison, in a typical flu season there are hundreds of thousands of hospitalizations and tens of thousands of deaths in the U.S. alone.

What is being done to identify and prevent the spread of novel coronavirus?

While COVID-19 began in China, it is now spreading to other countries. It is not possible to identify all people who may be incubating an infection; therefore, clinicians and healthcare systems must remain alert and ask persons with respiratory symptoms about their travel history. International travelers should also be aware of this outbreak and be sure to review COVID-19 guidance for international travelers from the CDC at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>. Because this situation is changing rapidly, it is important to know the most current recommendations when traveling. The HCA is working with our healthcare systems to help them detect any infections as quickly as possible.

What should I do if I traveled to a country with widespread transmission of COVID-19?

Visit the CDC website that identifies the Risk Assessment Level for affected countries, <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

If you returned from a country with widespread transmission, stay home for 14 days from the time you left and area with widespread, ongoing community spread. Take the following steps to monitor your health and practice social distancing;

Coronavirus (COVID-19) FAQ's

- Take your temperature with a thermometer two times a day and monitor for fever and watch for cough or trouble breathing.
- Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
- Keep your distance from others, approximately 6 feet.

If you feel sick with fever, cough, or difficulty breathing within this 14-day period, you should:

- 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.
- Avoid contact with others.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer if soap and water are not available.

For additional information, visit the CDC website, <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>.

How can I help protect myself?

There is currently no vaccine to prevent novel coronavirus infection, although scientists at the National Institute of Health reported they are going to take steps towards the development of a vaccine. The best way to prevent infection is to avoid being exposed to this virus. Right now, COVID-19 has not been found to be spreading in Orange County, so there are no additional precautions recommended for residents to take. However, as a reminder, the CDC always recommends 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 cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Should I be wearing a facemask?

The Centers for Disease Control and Prevention (CDC) does not recommend that people who are healthy wear a facemask in order to try to protect themselves from respiratory illnesses, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility). Learn more [here](#).

What are the treatments for novel coronavirus?

There is no specific antiviral treatment recommended for novel coronavirus infection. People infected with novel coronavirus should receive supportive care to help relieve symptoms.

How do I get tested for COVID-19?

The OC Health Care Agency's Public Health Services team currently arranges testing with each individual's health care provider and/or hospital once they have met specific criteria established by the CDC. As the situation evolves and testing capacity increases, the CDC recommendations may change. HCA continues to monitor CDC guidance to inform testing in Orange County. Walk-ins to our public health clinics will not be accommodated for testing.

Coronavirus (COVID-19) FAQ's

What does the federal declaration of novel coronavirus as a public health emergency mean?

On Friday, January 31, 2020, the Department of Health and Human Services (HHS) declared the novel coronavirus a public health emergency in the United States. The declaration went into effect at 2 p.m. PST on Sunday, February 2, 2020. As part of the emergency declaration, persons returning to the United States through select airports and considered to be at highest risk are being quarantined and monitored by public health officials. Locally, it's important to note that John Wayne Airport is not among this predetermined list of airports. All other returning travelers from China will face a health screening and face up to two weeks of monitored self-quarantine to ensure they pose no health risk.

What does the County Health Officer's declaration of a local health emergency due to COVID-19 actually mean?

On February 25, 2020, the Orange County Board of Supervisors declared a local emergency and County Health Officer Dr. Nichole Quick declared a local health emergency as part of broader preparedness efforts related to novel coronavirus, or COVID-19.

These actions will help ensure that the County of Orange's ability to respond to a potential outbreak, should one occur, will remain flexible and can evolve as this rapidly changing situation does.

It is important that you also understand what these actions *do not* mean:

- Orange County does not have a COVID-19 outbreak at this time.
- The OC Health Care Agency is not recommending changes to routine, everyday activities.
- The OC Health Care Agency is not recommending cancelling or avoiding social outings or public events.

What does Governor Newsom and California Department of Public Health's guidance on gatherings mean?

Governor Newsom and the California Department of Public Health (CDPH) updated the State's COVID-19 guidance for California on March 11, 2020. It indicates that certain gatherings should be postponed or cancelled through at least the end of March. You can read the Governor's statement [here](#) and view the CDPH document [here](#). As of March 12, 2020, this guidance does not apply to activities such as attendance at regular school classes, work, or essential services. CDPH will revisit this guidance on a regular basis to evaluate the continued public health need and to evaluate if any elements need to be changed. To stay informed, continue to monitor [this](#) CDPH guidance page.

What is the current case count?

This information, which can be found on the CDC's website, will be updated regularly on Mondays, Wednesdays, and Fridays. Please visit <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

Local case count information for Orange County will also be updated on Mondays, Wednesdays, and Fridays at www.ochealthinfo.com/novelcoronavirus.

What information will you share about cases?

We can share that when cases are identified they are placed under isolation and our Public Health Services staff monitor them for the duration of their isolation period. We do not release any details about the cases, including city of residence, because we must protect the privacy of these patients, and sharing any information that could be used to identify them could do harm. Knowing the city where a case resides does not offer any protection from a public health standpoint when it comes to COVID-19. Guidance from the Centers for Disease Control and Prevention indicates that people who have casual contact with a case (in the same grocery store or movie theater) are at minimal risk of developing infection. Public Health conducts

Coronavirus (COVID-19) FAQ's

robust contact investigations – if there is a chance that you were exposed to a case while infectious and you are at risk for contracting illness as a result, you will hear from health officials.