



McHenry County Department of Health  
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[www.mcdh.info](http://www.mcdh.info)

## 2019 Novel Coronavirus (COVID-19) Outbreak

### What You Need to Know

- **Currently there are NO cases of novel Coronavirus in McHenry County.**
- This is an evolving situation, the [CDC website](https://www.cdc.gov/coronavirus/2019-nCoV/) is the best source of up to the minute information.
- If needed, we will post McHenry County specific updates on our website: [www.mcdh.info](http://www.mcdh.info)
- In Illinois, two cases of COVID-19 were identified: the first confirmed case recently traveled to Wuhan, China, and the second confirmed case was a close household contact of the first case. The risk to the Illinois general population remains low, as this transmission was between a close household contact with no evidence, at this time, of any community wide transmission.
- While CDC considers this a serious public health concern, based on current location, the immediate health ***risk to the general American public is considered low at this time.***  
<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html#risk-assessment>.

### What is the Novel (new) Coronavirus?

Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS, SARS, and now with COVID-19. Human coronaviruses are common throughout the world and commonly cause mild to moderate illness in people worldwide. However, the emergence of novel (new) coronaviruses, such as SARS and MERS, have been associated with more severe respiratory illness.

### What are the signs and symptoms of the Coronavirus?

Symptoms are similar to other respiratory viruses. If you have these symptoms it does not necessarily mean you have this new virus! Symptoms may include fever (may not always be present), cough, and shortness of breath or difficulty breathing. CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 after exposure. Unless you have recently traveled to China or have been around someone ill with this new virus, your risk of getting sick is very low.

### How can travelers protect themselves?

The CDC recommends avoiding all nonessential travel to China and South Korea. Older adults and those with chronic medical conditions should consider postponing nonessential travel to Japan, Iran and Italy. Those traveling to Hong Kong should practice usual precautions. The [Traveler's Health](#) page has current updates and recommendations.

## What You Can Do

If you have **not traveled to China** or **have not been in contact** with a person known or suspected to have the illness, *there is no reason to be concerned at this time*. There is currently no need for the general public in McHenry County to change their behavior in any way related to this virus.

### Protecting yourself from the Coronavirus and other viruses:

- Stay informed by checking the [CDC website](#) for the most recent information
- 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.

If you feel sick with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with COVID-19 in the 14 days before you began to feel sick, seek medical care. Call your doctor, urgent care, or hospital **BEFORE** going; they will give you instructions and ask about your travel history and symptoms.

### Recommendations for Healthcare Providers:

Limited information is available to characterize the spectrum of clinical illness associated with the outbreak. No vaccine or specific treatment is available; care is supportive.

Healthcare providers should obtain a detailed travel history for patients being evaluated with fever and acute respiratory illness. Details are emerging. The most important things to do are:

- Know the symptoms of concern
- Ask every patient displaying respiratory symptoms a detailed travel history and exposure history
- Isolate anyone who has positive symptoms and a questionable travel history or exposure, and don appropriate PPE immediately
- Call the McHenry County Department of Health immediately @ 815-334-4500. Instructions for obtaining samples will be provided.

More information for healthcare providers can be found here: <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>

**Healthcare providers should immediately notify their local health department in the event of a PUI for COVID-19. Contact the McHenry County Department of Health @ 815-334-4500 (24 hour reporting number).**

### Additional Resources

- Illinois Department of Public Health (IDPH): <http://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>.
- Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>