



2019 Novel Coronavirus (2019-nCoV)

The Centers for Disease Control and Prevention (CDC) continues to closely monitor an outbreak of a 2019 novel coronavirus (2019-nCoV) in Wuhan City, Hubei Province, China that began in December 2019. Infections with 2019-nCoV also are being reported in a growing number of countries internationally, including the United States, where the first 2019-nCoV infection was detected in a traveler returning from Wuhan on January 21, 2020. Much is currently unknown about how 2019-nCoV, a new coronavirus, spreads. Much of what is known is based on similar coronaviruses.

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 [2019-nCoV](#).

The CDC continues to update its information, including guidance to the public, healthcare providers, and state and local health departments. The most recent national updates on this matter can be found at: [CDC 2019 Novel Coronavirus \(2019-nCoV\)](#).

The CDC has also provided information for travelers to and from the U.S., [Novel Coronavirus Information for Travelers](#)

The Connecticut Department of Public Health (DPH), working with the CDC, and local health departments including Eastern Highlands Health District has enhanced surveillance activities, and will facilitate testing for individuals who may be at risk of infection. For the most recent information from CT DPH visit their website: [2019 Novel Coronavirus \(2019-nCoV\)](#)

It is important to note that it is currently influenza season and Connecticut is experiencing a high level of flu activity. The most effective way to protect yourself and others from the flu is by being vaccinated. It is not too late to get vaccinated against the flu! To find a local place for the flu vaccine go to [Vaccine Finder](#).

Everyone can be effective in helping to protect themselves and others from viral exposure, including seasonal influenza (flu), by following these basic rules:

- 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, and see your doctor.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Please feel free to contact Eastern Highlands Health District with any questions.

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February 05, 2020