

# PUBLIC HEALTH ALERT

## Coronavirus Disease 2019 (COVID-19)

**Current Situation:** The Centers for Disease Control and Prevention (CDC), the Military Health System, and the U.S. Army Public Health Center are closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus. Cases have been identified in a growing number of international locations, including in the United States, and transmission has occurred in communities near OCONUS U.S. installations. This is a rapidly evolving situation and information will be updated as it becomes available.

**Transmission:** Human coronaviruses are most commonly spread from an infected person to others through:

- the air by coughing and sneezing.
- close personal contact, such as touching or shaking hands.
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

**How to protect yourself and others:** There are currently no vaccines available to protect you against human coronavirus infection. To reduce your risk of infection or transmitting the virus to others:

- wash your hands often with soap and water for at least 20 seconds.
- avoid touching your eyes, nose, or mouth with unwashed hands.
- avoid close contact with people who are sick; and stay home while you are sick.
- wear cloth face coverings when you cannot maintain 6 feet of social distance in public areas or work centers.\*

**Symptoms:** Common human coronaviruses usually cause mild to moderate upper respiratory tract illnesses, like the common cold. Most people get infected with these viruses at some point in their lives. These illnesses usually only last for a short amount of time. Symptoms may include:

- runny nose
- headache
- cough
- sore throat
- fever
- general feeling of being unwell
- shortness of breath

Human coronaviruses can sometimes cause lower-respiratory tract illnesses, such as pneumonia. This is more common in people with cardiopulmonary disease, people with weakened immune systems, infants, and older adults.

**Testing:** If you had recent travel to the affected geographic areas identified by the CDC and get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:

- Seek medical care. Call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.

Your healthcare provider will order appropriate tests, if needed, and determine if additional precautions should be taken.

**Treatment:** There are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover on their own. Medications for pain and fever can help relieve symptoms. If you are mildly ill, drink plenty of fluids, stay home, and rest. If you are concerned about your symptoms, you should contact your healthcare provider.

\*Changes to this version are in blue.



For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>  
<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1  
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For current COVID-19 information:

Contact your installation's Department of Public Health



**Public Health**  
Prevent. Promote. Protect.

Army Public Health

The Army COVID-19 Information Hotline:

1-800-984-8523  
Overseas DSN 312-421-370  
Stateside DSN 421-3700