

# FACT SHEET

# CORONAVIRUS

*Coronaviruses are common viruses that most people contract some time in their life. Human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses. Young children are most likely to get infected. However, people can have multiple infections in their lifetime.*

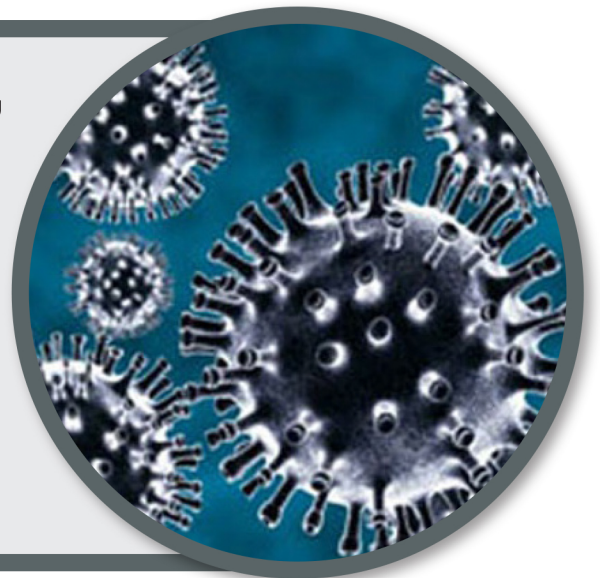
**SOURCES:** Human coronaviruses likely spread through the air (by coughing and sneezing), and close personal contact (such as touching or shaking hands). These viruses may also spread by touching contaminated objects or surfaces then touching your mouth, nose or eyes.

**INCUBATION PERIOD:** 24-72 hours

**SYMPTOMS:** Mild to moderate upper-respiratory tract illness (runny nose, cough, sore throat, fever). Lower-respiratory tract illnesses, such as pneumonia, can occur in people with cardiopulmonary disease, compromised immune systems, or the elderly.

**DURATION:** 1-4 days

**WHAT DO I DO?:** Stay home when sick. Avoid close contact with others. Cover your mouth and nose when you cough or sneeze. Wash hands frequently. Keep objects and surfaces clean and disinfected.



## Coronaviruses: Easy to contract, easy to spread

In the United States, people are commonly infected with human coronaviruses during Fall and Winter. However, you can get infected at any time of the year. There are currently no vaccines available to protect you against human coronavirus infection. You may be able to reduce your risk of infection by:

- Washing your hands often with soap and water
- Not touching your eyes, nose, or mouth
- Avoiding close contact with people who are sick