The current outbreak of 2019 novel coronavirus (2019-nCoV) was first identified in China but has now spread internationally, impacting an increasing number of countries. Sustained community spread is occurring in China. Limited person-to-person spread, most associated with close contact with a patient with confirmed 2019-nCoV, has been seen outside of China. No community spread of 2019-nCoV has been identified in the United States at this time.

In the coming days and weeks, we expect more confirmed cases in the United States, including some person-to-person spread. The goal of CDC’s aggressive ongoing public health response is to prevent spread of 2019-nCoV in in the United States.

**What you should do**

- **STAY INFORMED** – CDC is updating its website daily with the latest information and advice for the public. ([www.cdc.gov/nCoV](http://www.cdc.gov/nCoV))

- **REMEMBER TO TAKE EVERYDAY PREVENTIVE ACTIONS** that are always recommended to prevent the spread of respiratory viruses.
  - Avoid close contact with sick people.
  - While sick, limit contact with others as much as possible.
  - Stay home if you are sick.
  - Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
  - Clean and disinfect surfaces and objects that may be contaminated with germs.
  - 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 rub with at least 60% alcohol.

- **IF YOU FEEL SICK** with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with 2019-nCoV in the 14 days before you began to feel sick, 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.

**What you should not do**

- **DO NOT** travel to China.

- **DO NOT** use facemasks. CDC does not recommend the use of facemasks for the general U.S. public to prevent the spread of 2019-nCoV.

- **DO NOT** show prejudice to people of Asian descent, because of fear of this new virus. Do not assume that someone of Asian descent is more likely to have 2019-nCoV.

All persons in the U.S.—including those of Asian descent—who have not traveled to China or been in contact with someone with a confirmed or suspected nCoV case in the last 14 days are at low risk of becoming sick.
You have traveled to a country with an outbreak of COVID-19 and are at higher risk.

COVID-19 is a respiratory illness that can spread from person to person.

Stay Home
Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.

If you feel sick and have symptoms:
- Call ahead before you go to a doctor’s office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

Symptoms
Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Symptoms can include:
- Fever (100.4°F/38°C or higher)
- Cough
- Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: www.cdc.gov/COVIDtravel
For information about COVID-19 and how to monitor your health after travel, open your cell phone camera and scan this code:

www.cdc.gov/COVIDTravel