



WASHINGTON STATE FUSION CENTER

CORONAVIRUS FACT SHEET FOR FIRST RESPONDERS

BACKGROUND: There is an ongoing worldwide outbreak of a highly contagious novel (new) coronavirus first identified in Wuhan, China, in December 2019. Health experts are concerned because little is known about this new virus, and because it has the potential to cause severe illness and pneumonia in some people. The US Centers for Disease Control and Prevention (CDC) identifies the potential public health risk from this coronavirus as HIGH. On January 21, 2020, the Washington State Department of Health (DOH) confirmed the first case of this novel coronavirus in the United States in Snohomish County, Washington. DOH has since confirmed localized person-to-person spread of this coronavirus in Washington State, significantly increasing the risk of exposure and infection to Washington State's general public and creating an extreme public health risk that may spread quickly. The first two coronavirus-related deaths in the United States recently occurred in Washington State, and 25 firefighters who responded to calls at a nursing facility in Kirkland, Washington have been quarantined for possible exposure.

BASIC FACTS

WHAT IS A CORONAVIRUS?

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). This most recently discovered coronavirus causes coronavirus disease 2019 (COVID-19).

WHAT IS A COVID-19?

Coronavirus disease 2019 (COVID-19) is the infectious disease caused by the most recently discovered coronavirus—severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). This new virus and disease were unknown before the outbreak began in China, in December 2019.

INCUBATION AND SYMPTOMS

The "incubation period" means the time between being infected with the SARS-CoV-2 virus and beginning to have symptoms of the disease. Estimates of the incubation period for COVID-19 range from 1-14 days. The most common symptoms of COVID-19 include:

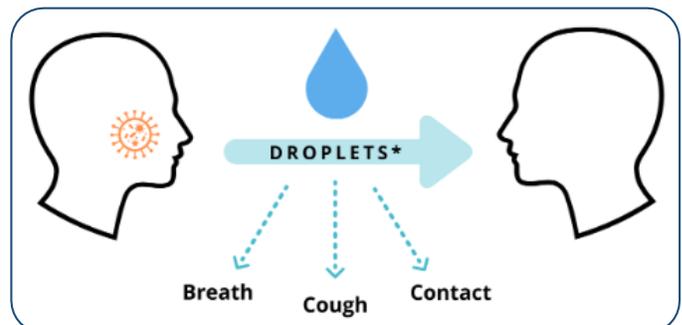
- Fever
- Dry cough
- Nasal congestion
- Sore throat
- Diarrhea
- Difficulty breathing

VIRUS TRANSMISSION

INFECTIOUS PERIOD

The infectious period is unknown, but possibly up to 10-14 days. People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

HOW DOES IT SPREAD?



- Via respiratory droplets produced when an infected person coughs or sneezes.
- Between people who are in close contact with one another (within about 6 feet).
- It may be possible for a person to get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.



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PREVENTION AND TREATMENT

There is currently no vaccine to prevent COVID-19. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. The CDC recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Stay home when you are sick.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using regular household cleaning sprays or wipes.
- Washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

PLAN FOR RESTRICTED TRAVEL

Agencies may want to consider restricting travel to areas overseas with known outbreaks—as well as suspending participation in conferences and other large gatherings domestically. Travelers may be impacted by travel restrictions affecting their itineraries, or may be subject to quarantine procedures implemented by local authorities.

ADDITIONAL RESOURCES

- [Webinar: Interim Guidance for EMS and 911](#)
- [Interim Guidance for EMS Systems and 911 PSAPs for 2019-nCoV in the United States](#)
- [EMS Infectious Disease Playbook](#)
- [US Department of Labor OSHA – COVID-19 Control and Prevention](#)

STAY INFORMED

Receive the latest COVID-19 information and updates:

- [Centers for Disease Control and Prevention \(CDC\)](#)
- [Washington State Department of Health \(DOH\)](#)



This coronavirus fact sheet was coordinated with and reviewed by the Washington State Department of Health.