



# THE CORONAVIRUS OUTBREAK

## Answers to your Frequently Asked Questions

### How does Coronavirus Spread?

It seems to spread very easily from person to person, especially in homes, hospitals and other confined spaces. The pathogen can be carried on tiny respiratory droplets that fall as they are coughed or sneezed out. It may also be transmitted when we touch a contaminated surface and then touch our face.

### Is there a vaccine yet?

No. The first testing in humans of an experimental vaccine began in mid-March. Such rapid development of a potential vaccine is unprecedented, but even if it is proved safe and effective, it probably will not be available for 12 to 18 months.

### What makes this outbreak so different?

Unlike the flu, there is no known treatment or vaccine, and little is known about this particular virus so far. It seems to be more lethal than the flu, but the numbers are still uncertain. And it hits the elderly and those with underlying conditions — not just those with respiratory diseases — particularly hard.

### What should I do if I feel sick?

If you've been exposed to the coronavirus or think you have, and have a fever or symptoms like a cough or difficulty breathing, call a doctor. They should give you advice on whether you should be tested, how to get tested, and how to seek medical treatment without potentially infecting or exposing others.

### How do I get tested?

If you're sick and you think you've been exposed to the new coronavirus, the C.D.C. recommends that you call your healthcare provider and explain your symptoms and fears. They will decide if you need to be tested. Keep in mind that there's a chance — because of a lack of testing kits or because you're asymptomatic, for instance — you won't be able to get tested.

### What if somebody in my family gets sick?

If the family member doesn't need hospitalization and can be cared for at home, you should help him or her with basic needs and monitor the symptoms, while also keeping as much distance as possible, according to guidelines issued by the C.D.C. If there's space, the sick family member should stay in a separate room and use a separate bathroom. If masks are available, both the sick person and the caregiver should wear them when the caregiver enters the room. Make sure not to share any dishes or other household items and to regularly clean surfaces like counters, doorknobs, toilets and tables. Don't forget to wash your hands frequently.

### Should I wear a mask?

No. Unless you're already infected, or caring for someone who is, a face mask is not recommended. And stockpiling them will make it harder for nurses and other workers to access the resources they need to help on the front lines. Should I stock up on groceries? Plan two weeks of meals if possible. But people should not hoard food or supplies. Despite the empty shelves, the supply chain remains strong. And remember to wipe the handle of the grocery cart with a disinfecting wipe and wash your hands as soon as you get home.

### Can I go outside?

Yes, but make sure you keep six feet of distance between you and people who don't live in your home. Even if you just go for a jog or a walk, getting some fresh air, and hopefully sunshine, is a good idea.

### Testing Centers

Hayward Fire Station 7  
28270 Huntwood Avenue  
Hayward, CA  
510-293-8617

Kaiser Permanente  
Stanford Medical  
UCSF  
John Muir Health  
Carbon Health  
Forward  
One Medical  
Sutter Health