Coronavirus disease 2019 Q&A

What is coronavirus disease 2019 (COVID-19)?
COVID-19 is caused by a new respiratory virus. In December 2019, the virus began circulating in humans. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia.

What are the symptoms of COVID-19?
Symptoms may appear in as few as two days or as long as 14 days after exposure to the virus. They include:
- Fever
- Cough
- Shortness of Breath

Reported illnesses have ranged from mild symptoms to severe illness and death.

How does COVID-19 spread?
Health experts are still learning about how this new coronavirus spreads. Other coronaviruses 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.
- In rare cases, contact with feces (poop).

How can I protect myself from getting COVID-19?
If you are traveling overseas follow the CDC's guidance at cdc.gov/travel.

There are steps you can take to prevent spread of flu and the common cold that will also help prevent coronavirus disease, including:
- Wash your hands with soap and water
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Avoid contact with people who are sick.
- Stay home if you are sick and contact your healthcare provider.
Right now, there are no additional precautions recommended for the general public in the United States.

Are there any cases of COVID-19 in Michigan?
At this time, there are no confirmed cases of COVID-19 in Michigan. Information about the number of persons under investigation (PUIs) and specimens tested is updated daily at Michigan.gov/coronavirus. Also available are the total number of people who may have been exposed to the virus who are referred to local public health for monitoring or assessment.

What does it mean if someone is being monitored for COVID-19?
Public health monitors the health of people who could have been exposed to the virus.

MDHHS is receiving daily referrals about travelers from the CDC airport quarantine stations. Once MDHHS receives the referral, the information is provided to the local health department in the jurisdiction where the traveler resides. Local health department staff contact the individual, assess their risk and supervise daily for health monitoring (temperature, cough, difficulty breathing) for 14 days after their last day of exposure.

There is information summarizing the number of individuals referred to Michigan's public health network for monitoring or assessment available at Michigan.gov/coronavirus.

Has anyone been quarantined?
To date, we have not placed anyone in a quarantine facility because the screening process has not identified any individuals as being at "high risk" of infection.

Where is or are the quarantine facilities?
At this time we are not releasing the locations of quarantine facilities due to individual privacy.

What determines if someone is tested for coronavirus?
The Centers for Disease Control and Prevention (CDC) has created the following criteria for testing. Currently, that evaluation includes:

1. Fever **or** lower respiratory illness (cough or shortness of breath) **AND** any person, including health care workers, who has had close contact with a laboratory-confirmed COVID-19 patient within 14 days of symptom onset.
2. Fever **and** lower respiratory illness (cough or shortness of breath) requiring hospitalization **AND** a history of travel from affected geographic areas (China, Iran, Italy, Japan and South Korea) within 14 days of symptom onset.
3. Fever with severe acute lower respiratory illness (pneumonia, ARDS) requiring hospitalization and without alternative explanatory diagnosis (e.g., influenza) **AND** no source of exposure has been identified

This definition will change as we understand more about COVID-19.

Can my healthcare provider test for coronavirus disease 2019?
Healthcare providers collect the specimen to be tested should an individual meet the testing criteria. The CDC has tested samples from Michigan (all were negative). As of Feb. 27, the Michigan Department of Health and Human Services (MDHHS) Bureau of Laboratories can also perform the test.

What is Michigan doing to prevent coronavirus disease 2019 spread in the state?
MDHHS began working with local health departments, healthcare coalitions, hospital and healthcare partners when the novel coronavirus outbreak began in Wuhan, China. Initial focus was working with federal partners to ensure that Michigan's public health system could support traveler screening and monitoring to limit the entry of coronavirus cases into the U.S.

Hospitals and healthcare partners were also engaged to establish screening procedures for any patients presenting for care with a travel history and symptoms that could be indicative of a

possible coronavirus case. These activities have mirrored much of the public health response to recent Ebola outbreaks.

While MDHHS was implementing those activities, there has been considerable effort put into planning for the next phase of this outbreak which would include community mitigation.

On Feb. 28, Gov. Gretchen Whitmer activated the State Emergency Operations Center to help coordinate the state's response.

What is community mitigation?
Community mitigation activities are routinely utilized on a small scale by public health when responding to outbreaks. This may be a public health response to a chicken pox outbreak in a school or school district, or visitor restrictions in hospitals during flu season.

Community mitigation uses a variety of non-pharmaceutical interventions (NPIs) to limit the spread of the virus.

> **Personal NPIs** are everyday preventive actions, such as staying home when you're sick, covering coughs and sneezes and washing your hands. These actions can help keep yourself and others from getting and spreading respiratory illnesses like the flu.

> **Community NPIs** are policies and strategies such as school closures and dismissals, postponing social gatherings and social distancing (telecommuting). Organizations and communities can put these strategies into place to help slow the spread of illness during an infectious disease outbreak.

> **Environmental NPIs** include routine surface cleaning that helps to eliminate the virus from frequently touched surfaces and objects, such as toys, refrigerator handles, desks, and doorknobs in homes, childcare facilities, schools, workplaces, and other settings where people regularly gather.

In weekly, routine calls with local health departments and healthcare partners, MDHHS has been working to transition our preparedness and response toward community mitigation. MDHHS staff and administration will continue to work with our state partners to implement community mitigation strategies in response to the coronavirus disease 2019 outbreak as needed. This is a similar approach as was taken in 2009 in response to the Pandemic Influenza H1N1.

Coronavirus Disease 2019 Information Updates:
Centers for Disease Control and Prevention: cdc.gov/coronavirus
Michigan Department of Health and Human Services: michigan.gov/coronavirus