

## General Questions

### What is a coronavirus, and what is COVID-19?

There are [many types](#) of human coronaviruses. Some can cause mild breathing problems. COVID-19 is a new disease caused by a new coronavirus. It has not previously been seen in humans.

### How do people become infected, and how does it spread?

Current understanding about how the virus that causes COVID-19 [spreads](#) is based on what is known about similar coronaviruses. COVID-19 is a new disease. There is more to learn about how it spreads, how sick it makes people, and how far it may spread in the United States.

### What are the symptoms of COVID-19?

[Symptoms](#) for patients with COVID-19 have included mild to severe respiratory illness. Symptoms are fever, cough, and difficulty breathing.

### How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

- The [CDC website](#) has up-to-date information. If you have to travel, be sure to check this website.
  - The CDC gives travel advice as developments occur.
  - Visit the [CDC Travel page](#) for all travel-related updates.
- Practice good health habits to help prevent the spread of respiratory viruses. Do these suggested actions every day.
  - Wash your 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 available, use an alcohol-based hand sanitizer. It should have at least 60 percent alcohol. Always wash hands with soap and water if you see dirt on them.
  - Avoid close contact with people who are sick.
  - Avoid touching your eyes, nose, and mouth.
  - Stay home when you are sick.
  - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
  - Clean and disinfect objects and surfaces that you touch often. Use a regular household cleaning spray or wipe.
  - Follow the CDC's advice for using a [facemask](#).

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- The CDC says that people who are well do not need to wear a facemask to protect themselves.
- Facemasks should be used by people who have symptoms of COVID- 19. This will help prevent the spread of the disease to others.
- The use of facemasks is also crucial for [health workers](#). [People who are taking care of someone in close settings](#) such as at home or in a health care facility should also wear them.

### Are there any prescription drugs that can be used to treat COVID-19?

- A variety of drug therapies are being studied right now. At the present time, there are no prescription drugs that have been approved to treat this virus.
- We are watching the CDC and [World Health Organization \(WHO\)](#) closely for guidance and updates on the best treatments.

### Are there any vaccines available to prevent COVID-19?

- Right now there are no vaccines. There are some reports that say several vaccines are being evaluated. They are still in early stage development and have not been through clinical trials.

## Mental Health

### What mental health issues can arise as a result of COVID-19?

- Health emergencies like COVID-19 (coronavirus) can make us feel stressed, anxious, and not able to focus. It's natural to feel this way.

### If I am feeling anxious about COVID-19, what can I do about it?

- **Take control of the situation.** Limit your exposure to COVID-19 by washing your hands; not touching your eyes, nose and mouth; and disinfecting your home and work area.
- **Take care of yourself.** Eat healthy food, exercise, limit alcoholic drinks, and get enough sleep. Stay connected with family and friends so you don't feel alone.
- **Stay informed by learning the facts.** The news isn't always accurate. Be sure to get your information from authoritative sources, such as the CDC and the WHO.
- **Think about the impact you have on others.** Take care of yourself. Take preventative measures seriously. Communicate with family and friends that you are taking these steps. This will encourage them to take them too.
- **Limit how much coronavirus news you watch and read.** A lot of news happens in 24 hours. You can get overwhelmed. Place limits on how much you consume.
- **Let it go.** Don't dwell on what may or may not happen regarding COVID-19. Change what you can, and let the rest take its course. Refocus your mind, and try to think only about positive things.

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### Are there other resources for more information?

- If you are taking care of yourself and still feel stress and anxiety, there are options you can look to for help. You can call your primary care physician. He or she may refer you to a behavioral health specialist.
- You can also call CTBHP at 1-877-552-8247, or look for a behavioral health provider on the CTBHP website at <http://www.ctbhp.com/members/mbr-findprv.html> Another option is to call the [Substance Abuse and Mental Health Administration's Disaster Distress Helpline](#) at 1- 800-985-5990. This is a 24/7, 365 days-a-year, national hotline. They provide immediate crisis counseling. It is toll-free, multilingual and confidential.

