



2019 Novel Coronavirus (2019-nCoV)

Speaking Points

January 22, 2020

Current Situation

- The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak caused by a novel (new) coronavirus (nCoV) first identified in Wuhan, Hubei Province, China. This outbreak began in early December 2019 and continues to expand in China and other countries.
- CDC has been proactively preparing for the introduction of 2019-nCoV in the United States for weeks, including first alerting clinicians on January 8, 2020 and then again on January 17, 2020, to be on the look-out for patients with respiratory symptoms and a history of travel to Wuhan City.
- NO CASES HAVE BEEN REPORTED IN UTAH.
- The [first case in the United States](#) was announced on January 21, 2020 in Washington State. The patient had recently traveled to Wuhan. Precautions have been taken to prevent further exposures to this patient and an investigation is underway to trace close contacts of the patient to determine if others might have become infected.
- While this is a worrisome public health situation, CDC believes that the immediate health risk from 2019-nCoV to the general American public is low.
- Investigations are ongoing to learn more.

Prevention Efforts

- Travelers to Wuhan should:
 - Avoid contact with sick people.
 - Avoid animals (alive or dead), animal markets, and products that come from animals (such as uncooked meat).
 - Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
 - Older travelers and those with underlying health issues may be at risk for more severe disease and should discuss travel to Wuhan with their healthcare provider.
- If you traveled to Wuhan and feel sick with fever, cough, or difficulty breathing:
 - Seek medical care immediately. Call ahead before going to see a doctor or emergency room and tell them about your recent travel and your symptoms.
 - Avoid contact with others.
 - Avoid travel while sick.

- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

Utah Public Health Efforts

- The Utah Department of Health (UDOH) is working with local health departments and the CDC to monitor the outbreak.
 - Public health partners include a variety of private and public professionals (hospitals, public and private laboratories, emergency departments, urgent care facilities, community health centers), emergency management teams, airport personnel, etc.
 - Healthcare professionals and anyone with knowledge of a suspected case should report this immediately to your local health department or the UDOH at 1-888-EPI-UTAH.
- The UDOH activated an Incident Command System (ICS) to better collaborate with our public health partners.
 - ICS is a coordinated approach to incident management with multiple agencies and partners that can apply to incidents or emergencies of all types and sizes.
- The UDOH distributed clinical recommendations to healthcare providers.
- The UDOH will actively track cases as they occur in Utah and will reach out to local health departments and clinicians for assistance to determine the scope of this outbreak and work to provide technical assistance as necessary. To date, no cases have been reported in Utah.
- The UDOH will update the general public about new information as it becomes available through social media sites and news releases as necessary.
- This is a fluid situation and information may change rapidly.

National Public Health Efforts

- The CDC has been alerting travelers to the situation in Wuhan and providing travel advice.
- On January 21, 2020, the CDC updated its interim travel health notice for this destination to provide information to people who may be traveling to Wuhan City and who may get sick. The travel notice was raised from Level 1: Practice Usual Precautions, to a Level 2: Practice Enhanced Precautions advising travelers that preliminary information suggests older adults with underlying health conditions may be at increased risk for severe disease.
- The CDC implemented public health entry screening at San Francisco (SFO), New York (JFK), and Los Angeles (LAX), Atlanta (ATL) and Chicago (ORD) airports. All travelers from Wuhan, China will be funneled to the five airports conducting entry health screening.
- CDC issued an updated health alert to clinicians.
- Public health entry screening is part of a layered approach that, when used with other public health measures already in place to detect ill arriving travelers, can slow and reduce the spread of disease into the United States.
- Public health entry screening alone is not a guarantee against the possible importation of this new virus, but is an important public health tool during this period of uncertainty and part of a multilayered response strategy.

Disease, Testing and Treatment Information

- Coronaviruses are a large family of viruses, some causing illness in people and others circulating among animals including camels, cats and bats.
- There are several known coronaviruses that infect people and usually only cause mild respiratory disease, such as the common cold. However, at least two previously identified coronaviruses have caused severe disease — severe acute respiratory syndrome coronavirus (SARS-CoV) and Middle East respiratory syndrome coronavirus (MERS-CoV). SARS-CoV and MERS-CoV have been ruled out as the cause of the current outbreak.
- While originally thought to spread from animal to person, recently, there have been growing indications that limited person-to-person spread is occurring.
- The infectious period for this virus is unknown. Based on other coronaviruses, people infected with 2019-nCoV should be considered to be contagious from the day of fever onset until 10 days after fever ends.
- Coronaviruses typically have an incubation period of 2–14 days after exposure. The specific incubation period for this coronavirus is unknown.
- Your healthcare provider may order laboratory tests on respiratory specimens and serum (part of your blood) to detect human coronaviruses.
- There are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover on their own. However, you can do some things to relieve your symptoms:
 - take pain and fever medications (Caution: do not give Aspirin to children), and
 - use a room humidifier or take a hot shower to help ease a sore throat and cough.
- If you are mildly sick:
 - drink plenty of liquids, and
 - stay home and rest.
- If you are concerned about your symptoms, contact your healthcare provider.

Resources

[Centers for Disease Control and Prevention](#)

[Travelers' Health](#)

[World Health Organization](#)

[World Health Organization - China](#)



PERSEVERANCE

VIA Survey calls this strength *Perseverance*

Parent virtue: Courage. Strengths of courage involve applying will and fortitude in overcoming internal or external resistance to accomplish goals. Strengths comprised in this virtue are bravery, perseverance, integrity, and zeal/enthusiasm.



THE
POSITIVITY
PROJECT

WHAT DOES PERSEVERANCE MEAN?

You complete what you start despite obstacles. You never give up.

The concept of perseverance can most often be found in one's active pursuit in overcoming obstacles. Perseverance is a uniquely human characteristic that identifies an individual's ability to spend long periods of time devoted to a single goal or set of goals. Those who persevere are able to set goals for themselves and then take active, calculated steps toward those goals. People demonstrating high levels of perseverance are able to handle significant, sometimes repeated, setbacks in pursuit of goals.

WHY DOES IT MATTER?

For individuals, persistence can be directly connected to an individual's ability to be successful throughout their life. Those who persevere through setbacks often reap the benefits of the success gained by refusing to give up. Sometimes, this comes with the added benefit of increased knowledge and skill as a result of the work needed to achieve. Perseverance is also connected with bravery. Persisting in a task and failing, can result in depleted self-esteem. Therefore, it takes bravery to persist in a task despite the fear of failure.

On a group level, perseverance can be contagious. A single group member's ability or willingness to persevere can have a substantial impact on those working with him/her and the team. Groups that show high levels of perseverance are able to achieve goals they may not have believed possible. The results benefit both individuals and the group. They will be more likely to: enjoy the victory; persist in the future when facing challenges; improve their skills and abilities; and have a greater belief in their capacity to overcome obstacles and achieve goals.

Individuals with this strength might be described as:

- Persistent
- Hardworking
- Grity
- Devoted
- Committed
- Industrious

Individuals with this strength are likely to think, feel, or behave in the following ways:

- I can do this.
- I am not going to give up.
- If I work harder, I will succeed.
- I am not so worried about how much time this takes. I am going to finish because it's important to me.
- Hard work pays off.
- I am willing to try things many times without success.
- It is important to keep pushing, especially when things seem difficult.
- There is no growth without pain and suffering.

QUOTES ON PERSEVERANCE

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

-MARTIN LUTHER KING, JR.

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

-MARY ANNE RADMACHER

"Success is not final, failure is not fatal. It is the courage to continue that counts."

-WINSTON CHURCHILL

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do."

-PELE