

2019 Novel Coronavirus (2019-nCoV)



TRAVEL ALERT: 2019-nCoV

**CDC recommends
avoiding non-essential
travel to China**

If you must travel:

- 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 adults and travelers 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 China in the last 14 days and feel sick with fever, cough, or difficulty breathing, you should:

- Seek medical care right away. Before you go to a doctor's office or emergency room, **call ahead** and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not 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.

A novel (new) coronavirus is causing a **respiratory illness outbreak** that began in the city of Wuhan, Hubei Province, China.

Coronaviruses are a large family of viruses and usually only cause mild respiratory disease, such as the common cold.

Signs and symptoms of this illness include **fever, cough, and difficulty breathing.**

2019-nCoV has the potential to cause **severe disease.**

For more information, visit the [CDC Travel Health Notices](#) and the [NJDOH 2019-nCoV](#) webpages.



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