



# MARYLAND DEPARTMENT OF HEALTH



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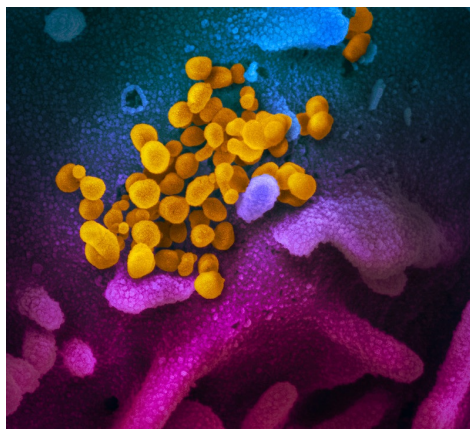
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## Coronavirus Disease 2019 (COVID-19) Outbreak

March 10, 2020



This is a rapidly evolving situation and the Maryland Department of Health (MDH) will provide updates as they become available.

### COVID-19 Testing and Confirmed Case Counts in Maryland

Number of negative COVID-19 tests: 73

Number of positive COVID-19 tests: 5

NOTE: MDH is no longer reporting the pending number of tests as testing capacity has expanded to include commercial laboratories. Commercial laboratories report all results to MDH – positive results are reported in real time.

[COVID-19 Frequently Asked Questions](#)

Background

In December 2019, Chinese health officials announced they were investigating a pneumonia outbreak of unknown etiology (cause) in the city of Wuhan, China. At that time, it was reported that many of the cases were linked to a seafood and animal market in Wuhan. Since then, health officials have reported that the outbreak was caused by a novel coronavirus, and the illness has been named "coronavirus disease 2019" (abbreviated "COVID-19").

Since then, thousands of cases have been reported and some cases have been fatal. Cases of COVID-19 have been identified elsewhere in China, and in other countries, including in the United States.

## **About Coronaviruses**

There are many viruses in the coronavirus family that can cause illness in both humans and animals. Several coronaviruses commonly circulate among people all of the time, and cause mild to moderate illnesses, such as the common cold. Other coronaviruses commonly circulate only in animals. Rarely, animal coronaviruses can evolve and infect people and then spread between people as has been seen with MERS and SARS.

## **Symptoms of COVID-19**

Commonly reported symptoms of COVID-19 infection include:

- Fever
- Cough
- Shortness of breath
- Pneumonia

While the exact incubation period for this coronavirus has not yet been determined, it is believed that most infected people will develop symptoms 2-14 days after they were exposed.

## **Transmission**

Many of the patients in the pneumonia outbreak caused by COVID-19 in Wuhan, China had some link to a large seafood and live animal market, suggesting animal-to-person spread. However, person-to-person spread is now widely occurring.

## **Prevention**

There is no vaccine available for COVID-19. In general, people can protect themselves and others against respiratory viruses by taking the following precautions:

- Wash your hands frequently with soap & water or use an alcohol-based hand sanitizer.
- Cover your mouth and nose while coughing or sneezing.
- Avoid close contact with people who are sick.
- If you are sick, stay home from work or school.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Practice good health habits.

**It's not too late to get your flu shot!** While the influenza vaccine does not protect against coronavirus infection, it can help keep you healthy during the flu season.

## **Diagnosis**

Currently, testing for COVID-19 can only be done at certain public health laboratories. Clinical laboratories do not have the ability to test for this particular virus, though they do have the ability to test for the other, more common coronaviruses that circulate in people all the time.

## **Treatment**

People with COVID-19 should receive supportive care. There is no specific antiviral treatment for this illness.

## Guidance for people who recently traveled to China

Public health authorities have implemented travel procedures for travelers from China arriving in the United States.

- Guidance for travelers from other parts of China (outside Hubei Province) in the past 14 days includes:
  - If you have fever, cough, or trouble breathing: CDC staff at the airport will evaluate you for illness. You will be taken to a medical facility for further evaluation and care. You may not be able to complete your travel itinerary.
  - If you do not have symptoms: You will be allowed to reach your final destination. After arrival at your final destination, you will be asked to monitor your health for a period of 14 days from the time you left China. You will receive a [health information card](#) that tells you what symptoms to look for and what to do if you develop symptoms. During that time, you should stay home and limit interactions with others as much as possible. Your state or local health department will contact you for further follow up.
- Guidance for travelers from the Hubei Province, and other resources for returning travelers are available on the [CDC Information for Travelers website](#).

## Guidance for people who recently traveled to other countries with community spread of COVID-19

Monitor [CDC Travel Health Notices webpage](#) for important travel notifications.

Travelers returning from countries outside of China with community spread of COVID-19 are encouraged to monitor for symptoms, and call their healthcare provider if symptoms develop.

## Information for Clinicians and Infection Preventionists

[MDH Laboratory COVID-19 Guidance](#)

[MDH Coronavirus Clinician Letter -- March 6, 2020](#)

[MDH Coronavirus Clinician Letter -- January 31, 2020](#)

[MDH Coronavirus Clinician Letter -- January 21, 2020](#)

[Coronavirus Alert Sign \(for Clinicians\)](#)

[Coronavirus Alert Sign \(for Patients\)](#)

[Coronavirus Alert Sign \(for Patients\) -- Mandarin Translation](#)

## Information for Local Health Departments

[Novel Coronavirus Update for Local Health Departments -- March 3, 2020](#)

[Novel Coronavirus Update for Local Health Departments -- February 25, 2020](#)

[Novel Coronavirus Update for Local Health Departments -- February 18, 2020](#)

[Novel Coronavirus Update for Local Health Departments -- February 11, 2020](#)

[Novel Coronavirus Update for Local Health Departments -- February 4, 2020](#)

[Novel Coronavirus Update for Local Health Departments -- January 28, 2020](#)

## Information for Schools

[Novel Coronavirus FAQ for K-12](#)

## CDC Resources

[CDC Novel Coronavirus Outbreak Website](#)

[CDC Flowchart to Identify and Assess COVID-19](#)

[CDC Novel Coronavirus Fact Sheet](#)

[CDC Interim Guidance for Healthcare Professionals](#)

[CDC Interim Guidance for Infection Control](#)

[CDC Information for Laboratories](#)

## Other Resources

[WHO Coronavirus Website](#)

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