**Ministry of Health general public health advice on novel coronavirus (2019-nCoV)**

**30 January 2020**

**This advice is under active review and is updated daily.**

Advice updated as of today includes:

 Information and advice for people who have recently travelled from Wuhan and the Hubei province.

 Information and advice for people who have had close contact with a confirmed coronavirus case.

Specific advice under current review includes:

 Information and advice for people who have recently travelled from other parts of China.

**What are the symptoms of 2019-nCoV?**

Symptoms of 2019-nCoV are similar to a range of other illnesses such as influenza and do not necessarily mean that you have 2019-nCoV. Symptoms include fever, coughing and difficulty breathing. Difficulty breathing can be a sign of pneumonia and requires immediate medical attention. We don’t yet know how long symptoms take to show after a person has been infected, but current WHO assessments suggest that it is 2-10 days.

**Health advice**

The Ministry is taking this evolving situation seriously and is working closely with other Government agencies, DHBs and emergency management teams throughout New Zealand, and with Australia.

The World Health Organization does not recommend any specific health measures for travellers but is continuing to review the situation.

Everybody should follow the basic principles of hygiene and cough etiquette to reduce the risk of getting an acute respiratory infection or passing it onto others. This includes:

• regularly washing hands (for at least 20 seconds with warm water and soap and dry thoroughly)

• covering your mouth and nose when you sneeze

• staying home if you are sick

• avoiding close contact with anyone with cold or flu-like symptoms

• if you feel unwell you should avoid public gatherings and events.

**Travellers recently returned from Hubei province**

Recognising the evolving nature of the evidence and data for transmission of the coronavirus, the Ministry of Health advice for people who are at high risk of exposure because they have recently been to Wuhan or Hubei province is that they should self-isolate for 14 days after leaving Hubei province.

This means you should avoid situations that could facilitate the transmission of the virus such as social gatherings and events where you come into contact with others in particular, child care/pre-school centres, primary and secondary schools (including staff and students), aged care, healthcare facilities, prisons, public gatherings.

**People who have had close contact with a confirmed coronavirus case**

If have been in close contact with a confirmed novel coronavirus case you should self-isolate for 14 days. If you develop symptoms including fever, coughing and difficulty breathing you should ring Healthline (for free) on 0800 611 116 or your doctor.

This means you should avoid situations that could facilitate the transmission of the virus such as social gatherings and events where you come into contact with others in particular, child care/pre-school centres, primary and secondary schools (including staff and students), aged care, healthcare facilities, prisons, public gatherings.

We are closely monitoring the development of cases outside of Hubei province and will regularly update this advice.

**What do I do if I am sick right now?**

If you have a fever, cough or difficulty breathing please telephone Healthline (for free) on 0800 611 116.

**Where can I get more information about 2019-nCoV?**

Visit the Ministry of Health’s website at [**health.govt.nz/coronavirus**](http://www.health.govt.nz/coronavirus)