# Coronaviruses: Prevention and Treatment

## How to Protect Yourself

There are currently no vaccines available to protect you against human coronavirus infection. You may be able to reduce your risk of infection by doing the following:

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.

## How to Protect Others

If you have cold-like symptoms, you can help protect others by doing the following:

- Stay home while you are unwell.
- Avoid close contact with others.
- Cover your mouth and nose with a tissue when you cough or sneeze. Then throw the tissue in the rubbish, and wash your hands.
- Clean and disinfect objects and surfaces.

## Treatment

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.)
- Use a room humidifier, or take a hot shower to help ease a sore throat and cough.

If you are mildly ill, you should drink plenty of liquids, and stay home and rest. If you are concerned about your symptoms, you should see your healthcare provider.

U.S. Centers for Disease Control and Prevention (CDC), National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. (Reviewed 2019, 6 August). *About coronaviruses: Prevention and treatment*. Retrieved 27 January 2020 from https://www.cdc.gov