



What is COVID-19 (novel coronavirus)?

Coronavirus is a type of virus transmitted from animals to humans. Once a new strain infects humans, it is called a “novel coronavirus” and can cause sicknesses ranging from a common cold to severe respiratory illness. The novel coronavirus spreading in the United States causes coronavirus disease 2019, or COVID-19.

If you have questions about COVID-19, please call our hotline at 866-941-4785.



What are the symptoms of COVID-19?

Cough, fever, muscle/body aches and difficulty breathing



How is it spread?

- Close contact with an infected person (within 6 feet for 10 minutes or more)
- Uncovered coughing or sneezing on other people or surfaces



What should I do if I think I have coronavirus?

BEFORE you go to your doctor:

- **CALL FIRST** to discuss your symptoms. If you need to go in, they will be prepared for you.
- If your symptoms are considered mild staying at home is the safest option

If your symptoms are severe, call your nearest emergency room, tell them your symptoms, then go there.



What can I do to protect myself and my loved ones from the flu or COVID-19?

- Wash your hands often with soap and water for at least 20 seconds
- Avoid people with flu-like symptoms
- Cover your cough with your sleeve or a tissue and dispose
- Don't touch your face, nose, mouth or eyes
- Don't travel unless it's necessary
- Stay away from others if you have flu-like symptoms



What can I do if someone in my household becomes sick?

- Have a plan to treat and care for the sick person
- Select a room for quarantine
- Keep prescriptions filled
- Have OTC medications on hand
- Clean and disinfect frequently-touched objects and surfaces
- Stock up on some non-perishable food and/or frozen food to last two weeks in case you or someone in your household becomes quarantined

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