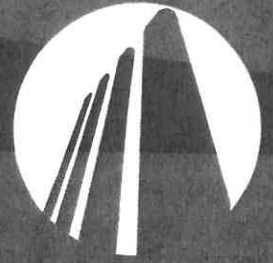


COVID-19



What You Need To Know:

You may be feeling concerned about the coronavirus, also referred to as COVID-19. If so, you're not alone. Here are frequently asked questions with the latest information and advice to help you feel prepared.

What is Coronavirus?

Coronavirus disease 2019 (COVID-19) is a type of virus that causes respiratory illness — an infection of the airways and lungs.

What are the symptoms?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, or shortness of breath — similar to the flu.

How does it spread?

The virus is thought to spread person to person — mainly between people who are in close contact with one another (within about 6 feet) through tiny droplets made when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

How can I protect myself and my loved ones?

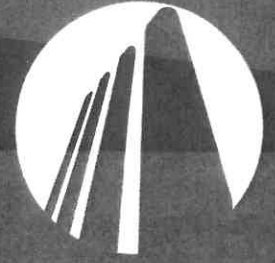
Some people are more vulnerable to the virus, including older adults and people with chronic conditions. But everyone should take steps to protect themselves.

- Avoid close contact with people who are sick.
- Wash your hands with soap and water regularly for at least 20 seconds. Alcohol-based hand sanitizers are also effective.
- Try not to touch your eyes, nose, and mouth with unwashed hands.
- Stay home when you're sick (except to get medical care). Keep sick children home from school.
- Cough or sneeze into a tissue or your elbow. Wash your hands afterwards.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I think I have symptoms?

If you develop symptoms (fever, cough, trouble breathing) or you believe you've been exposed, it's important to call your medical provider first so they can direct you to the most appropriate care.

Call the advice number on your medical plan membership card to speak with a licensed care provider or to schedule an appointment with your doctor.



Current Risk Assessment:

- For the majority of people, the immediate risk of being exposed to the virus that causes COVID-19 is thought to be low. There is not widespread circulation in most communities in the United States.
- People in places where ongoing community spread of the virus that causes COVID-19 has been reported are at elevated risk of exposure, with increase in risk dependent on the location.
- Healthcare workers caring for patients with COVID-19 are at elevated risk of exposure.
- Close contacts of persons with COVID-19 also are at elevated risk of exposure.
- Travelers returning from affected international locations where community spread is occurring also are at elevated risk of exposure, with increase in risk dependent on location.

What May Happen?

More cases of COVID-19 are likely to be identified in the United States in the coming days, including more instances of community spread. It's likely that at some point, widespread transmission of COVID-19 in the United States will occur. Widespread transmission of COVID-19 would translate into large numbers of people needing medical care at the same time. Schools, childcare centers, and workplaces, may experience more absenteeism. Mass gatherings may be sparsely attended or postponed. Public health and healthcare systems may become overloaded, with elevated rates of hospitalizations and deaths. Other critical infrastructure, such as law enforcement, emergency medical services, and sectors of the transportation industry may also be affected. Healthcare providers and hospitals may be overwhelmed. At this time, there is no vaccine to protect against COVID-19 and no medications approved to treat it. Nonpharmaceutical interventions would be the most important response strategy.

Other Available Resources

The following resources are available with information on COVID-19.

<https://www.who.int/health-topics/coronavirus>