



COVID-19 Coronavirus

Reminders to Keep You Safe

We have been social distancing and changing our routines for months, so it's easy to feel bogged down and complacent. Here are some things to keep in mind until this pandemic is under control.

REFRESHER: SOME SYMPTOMS INCLUDE



FEVER



COUGHING



SHORTNESS OF BREATH



MUSCLE AND
BODY ACHES



EXTREME FATIGUE



LOSS OF TASTE
AND SMELL

COVID-19 is a highly contagious unseen adversary, but the good news is the spread can be easily prevented. The illness is spread from person to person. Like other respiratory viruses, COVID-19 is transmitted by respiratory droplets produced when an infected person coughs or sneezes. These droplets can remain on surfaces for several days if not disinfected, which is why practicing social distancing, [wearing a mask](#), using approved surface disinfectants, washing hands for 20 seconds, and avoiding crowds remain very powerful in preventing COVID-19 spread. There is currently no vaccine or treatment. How can you stay safe?

Stay Diligent

- ✓ Practice enhanced hygiene.
- ✓ Wash hands with soap and water for 20 seconds (sing ABC song in your head).
- ✓ Use hand sanitizer with at least 60% alcohol if a handwashing station is unavailable.
- ✓ Stay home if sick.
- ✓ If you must go out, wear a mask and stay 6 feet away from people who are not part of your household.
- ✓ Skip handshakes and hugs.
- ✓ [Disinfect](#) frequently touched surfaces often. These include your phone, remotes, counters, tabletops and more – any place you touch often. Use an EPA-approved disinfectant.
- ✓ Avoid nonessential travel and large gatherings.
- ✓ Avoid touching your eyes, nose and mouth.

Think you might have been exposed to the coronavirus?

- ✓ Consult with a telemedicine provider or doctor before seeking a Covid-19 test. If a test is recommended, call the customer service telephone number on the back of your insurance card to locate a testing site that is within your plan's network. Tests and associated fees with an out-of-network provider may not be covered.
- ✓ If you have trouble breathing, persistent chest pain, or new confusion, you should seek immediate medical attention. Otherwise, avoid the ER and Urgent Care unless it's an absolute emergency. Contact Nurseline and/or Telemedicine service with questions.
- ✓ [Stay home](#) until 14 days after last exposure and maintain social distance (at least 6 feet) from others at all times. This includes social distancing from family members in the same household.
- ✓ Cover your mouth with a tissue when coughing or sneezing.
- ✓ [Wash your hands](#) frequently with soap and water.
- ✓ Rest and drink plenty of water. If you develop symptoms, inform your healthcare provider and follow their medical advice.

Stay up to date with the [CDC](#) and [World Health Organization](#). Also consult your local health department for local warnings and statistics.