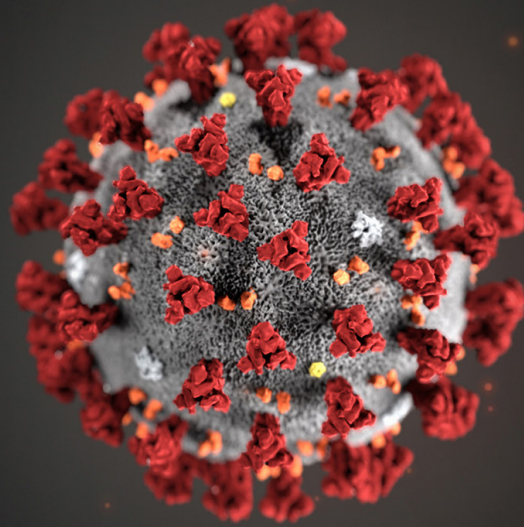


Coronavirus Disease (COVID-19)



There has been a lot of media coverage about the Coronavirus (COVID-19). The Centers for Disease Control and Prevention (CDC) is closely monitoring the outbreak.

We know this may be concerning to you and your family, and we want to share important information about this outbreak.

What is a coronavirus?

A coronavirus is a family of viruses that cause illnesses ranging from the common cold to more serious respiratory illnesses. The virus that causes COVID-19 is a new coronavirus that originated in Wuhan City, China and has not previously been seen in humans. COVID-19 causes symptoms such as fever, cough, and difficulty breathing.

Who is most at risk?

For the general American public, currently, the health risk from the virus is considered low in the United States. Those who are most at risk are older adults, babies, and those with underlying health conditions or compromised immune systems. Health care workers caring for patients with the virus should also exercise extreme caution. Currently, the CDC recommends that you avoid travel into or out of China and South Korea. For updated travel information, visit www.cdc.gov/coronavirus/2019-ncov/travelers.

Is there a vaccine for COVID-19?

There is no vaccine against COVID-19 to date. Researchers around the world are working to learn more about this virus.

continued on next page

Coronavirus Disease (COVID-19)

What can I do to protect myself and my family?

The best way to prevent any virus from spreading is to:



Wash your hands with soap and warm water for at least 20 seconds. Using a hand sanitizer can help as well, but washing your hands is always preferable. Teach children early on how to properly wash their hands.



Avoid touching your eyes, nose, and mouth.



Avoid close contact with people who are sick.



Stay home when you are sick.



Cover your mouth with a tissue when you cough or sneeze, then throw the tissue in the trash. If you don't have a tissue, cough into the crook of your elbow, not your hands.



Clean and disinfect surfaces and touchpoints like doorknobs, handles, light switches, and your phone.

Continue to practice good hygiene to prevent coronavirus, and other severe illnesses like the flu, from spreading.

Will there be any changes at my doctor's office?

Providers are taking precautions as needed. If you are a patient of an AdvantageCare Physicians provider, you may see some changes like masks available for anyone with a cough or symptoms. Staff may also ask you if you have traveled to infected areas recently. Don't be alarmed; these protocols are in place to keep you and your community safe.

How can I get accurate information about this virus?

We recommend that you get your health information from trusted sources such as:

- The Centers for Disease Control and Prevention (CDC) at [cdc.gov](https://www.cdc.gov).
- The World Health Organization (WHO) at [who.int](https://www.who.int).
- Your State or Local Department of Health website.
- Your doctor or health provider.

For more information, visit [emblemhealth.com](https://www.emblemhealth.com) or find us on social media.   