



SPECIAL EDITION

# CARE CONNECTION

## CORONAVIRUS: WHAT YOU NEED TO KNOW

With confirmed cases in the US and worldwide, many people are concerned about the novel coronavirus. It's important to know more about this disease and how to help prevent it, so please read on for more information from the CDC.

**What is the novel coronavirus?** Now known as COVID-19, this new coronavirus is a respiratory illness that can spread from person to person. There have been more than 420 confirmed cases of COVID-19 in the United States so far. Risk of infection with COVID-19 is higher for those who live in or have recently been in an area with an ongoing spread of the virus.

**How does the virus spread?** COVID-19 can be spread between people who are in close contact (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes. A person may also be able to get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

**What are the symptoms of the virus?** Patients infected with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath. These symptoms may appear 2-14 days after exposure.

**Is there a vaccine? Is there a treatment?** Currently, there is no preventive vaccine against COVID-19. The best way to prevent the virus from spreading is with good health habits and hygiene. In addition, there is no specific antiviral treatment for COVID-19 yet. Patients with COVID-19 can seek supportive medical care to help relieve their symptoms.

**How can I protect myself?** The best way to protect yourself is with good everyday health habits:

- Wash your hands often with soap and water for at least 20 seconds (about the length of "Happy Birthday" twice)
- Use alcohol-based hand sanitizer with at least 60% alcohol to clean your hands if soap and water are not available
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Clean and disinfect common surfaces like doorknobs

### What else should I know?

- **If you have recently traveled overseas or plan to do so**, follow guidance found on the CDC website regarding self-monitoring for infection and self-quarantine.
- **If you believe you are sick**, please stay home except to get medical care, separate yourself from other household members including pets, and *call ahead before visiting your doctor or any medical center* to let them know you may have or are being evaluated for COVID-19.

**Please visit the CDC website at [www.cdc.gov](http://www.cdc.gov) for more information about this outbreak, updates about the virus in the US and worldwide, and answers to frequently asked questions.**

## LiveHealth Online

Telemedicine services are a great line of defense against the spread of illnesses like COVID-19.

If you feel sick, you can visit with a doctor on LiveHealth Online for free. Doctors at LiveHealth Online are informed and prepared for the COVID-19 outbreak. They can speak with you about your symptoms and ensure that you know your best next steps.



**Go to [www.livehealthonline.com](http://www.livehealthonline.com) or use the LiveHealth Online app to visit with a doctor for free wherever and whenever you need!**

Sources: [US Centers for Disease Control and Prevention](https://www.cdc.gov), [Anthem](https://www.anthem.com)

## IMPORTANT CONTACT INFORMATION

### PPO - Anthem

☎ 1-800-810-BLUE  
(Provider locator services)  
🌐 [www.anthem.com](http://www.anthem.com)

### Rx Drugs - SavRx

☎ 1-866-233-4239  
🌐 [www.savrx.com](http://www.savrx.com)

### Best Doctors

☎ 1-800-497-1634  
🌐 <https://bestdoctors.com/>

### Dental - MetLife

☎ 1-800-942-0854  
🌐 [www.metlife.com/mybenefits](http://www.metlife.com/mybenefits)  
(if applicable)

### Vision - VSP

☎ 1-800-877-7195  
🌐 [www.vsp.com](http://www.vsp.com)  
(if applicable)

NECA/IBEW Family Medical Care Plan  
410 Chickamauga Avenue, Suite 301  
Rossville, GA 30741

☎ 1-877-937-9602  
🌐 [www.nifmcp.com](http://www.nifmcp.com)