

Limit your exposure –  
connect for care  
through Anytime-MD.



 Texas Health® |  aetna™

Texas Health Aetna is closely monitoring the ongoing outbreak of the coronavirus disease or COVID-19. We are monitoring information from the **Centers for Disease Control and Prevention** (CDC) and **World Health Organization** (WHO) and as a precautionary measure we want to keep our members informed.

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### **What is the coronavirus disease (COVID-19)?**

The coronavirus disease is a respiratory illness that includes symptoms such as a cough, sore throat and fever. It can lead to sicknesses as mild as the common cold or as serious as pneumonia or kidney failure. Most people with coronavirus will recover on their own, but it's important to learn the facts and stay informed on the spread of the virus, symptoms and prevention.

### **How does the coronavirus spread?**

According to the CDC, the virus can spread from contaminated surfaces or objects, person-to-person contact or through the air when an infected person sneezes or coughs.

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## How can you protect yourself and others?

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Although there are currently no vaccines available to protect against human coronavirus, you may be able to reduce your risk of infection if you:



Wash your hands with soap and water for 20 seconds, as often as possible.



Avoid close contact with people who are sick. Avoid touching your eyes, nose or mouth with unwashed hands.



Clean and disinfect areas and objects frequently.



Follow the CDC's tips and stay informed on what's happening in your area.

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## What to do if you suspect that you or a loved one have contracted COVID-19

If you have cold-like symptoms, you can help by staying home and avoiding close contact with other people, covering your mouth and nose with a tissue when you cough or sneeze, and disinfecting objects and surfaces frequently.

Although there are no specific treatments for an illness caused by coronaviruses, you can take the **following actions** to relieve symptoms if you are mildly sick:



Take pain and fever medication. Ask your pharmacist how they may interact with any medications you currently take.



Use a room humidifier or take a hot shower to help ease a sore throat and cough.



Drink plenty of liquids.



Stay home and rest.

If you have concerns about your symptoms, or those of a loved one, you can chat with a doctor anytime, anywhere with **Anytime-MD from Texas Health Aetna**.

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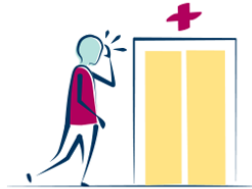
**You can also find more information on the following websites:**

**Aetna's Coronavirus website** offers members information and tips on the virus.

**CDC Traveler's Health website** provides travel notices and precautions.

**CDC's Handwashing: Clean Hands Save Lives website** provides preventive tips.

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**For medical emergencies dial, 9-1-1 immediately or go to the nearest emergency room.**

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