



CORONAVIRUS AND WHAT IT MEANS

What is a coronavirus?

Coronaviruses have been around for decades and are perhaps best known for causing illnesses like the common cold, with symptoms like coughing, sneezing and other breathing issues. In late 2019, a new coronavirus was found. COVID-19 is the disease caused by the new coronavirus.

What can you do to keep yourself and others healthy?

According to the Centers for Disease Control and Prevention (CDC), the combination of getting vaccinated and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19. It's important to continue practicing everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Stay at least six feet away from people who are sick and people who don't live in your household.
- Don't touch your eyes, nose and mouth.
- Stay home when you're sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect often-touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Cover your mouth and nose with a cloth face cover when around others.
- Monitor your health daily and be alert for symptoms.

If you have any questions, call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039 (TTY:711)**, Monday – Friday 7 a.m. – 7 p.m. and Saturday 7 a.m. – 3 p.m. CT.

What are the symptoms of COVID-19?

- Fever or chills
- New loss of taste or smell
- Cough
- Sore throat
- Shortness of breath or difficulty breathing
- Congestion or runny nose
- Fatigue
- Nausea or vomiting
- Muscle or body aches
- Diarrhea
- Headache

What should I do if I think I have COVID-19?

Most people who get COVID-19 will be able to recover at home. However, some people may need medical attention. Call ahead before you go to a provider's office or emergency room and tell them about any recent travel and symptoms.

For more information

To learn about COVID-19 and your HealthSelect medical plan benefits, visit <https://healthselect.bcbstx.com/content/medical-benefits/corona-virus>

The CDC offers up-to-date information about COVID-19 at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For information specific to Texas residents, visit the Texas Department of State Health Services site at <https://www.dshs.texas.gov/coronavirus/public.aspx>



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Centers for Disease Control and Prevention: Coronavirus Disease 2019 (COVID¹⁹)
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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