



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—or novel—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 (CDC):

There is no vaccine at this time to prevent COVID-19. The best way to stop the virus is to not get exposed to it, and the CDC suggests these everyday good habits to help stop the spread of breathing illnesses:

- Don't go near people who are sick.
- 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.
- Follow CDC's recommendations for using a facemask.
 - » If you are well, CDC does not recommend you wear a face mask.
 - » If you have symptoms of COVID-19, you should wear a facemask to help prevent the spread of the disease to others.
 - » If you're a health worker or taking care of someone in close settings (at home or in a health care facility), you should wear a face mask.

What are the symptoms of the coronavirus (COVID-19)?

- Fever
- Cough
- Shortness of breath

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

- If you feel sick and have recently traveled to a Level 3 country as identified by the CDC, get medical help. Please visit <https://wwwnc.cdc.gov/travel/notices>.
- Before you go to a doctor's office or emergency room, call first and tell them about any recent travel and symptoms.

For more information

The CDC offers up-to-date information about COVID-19. Please visit <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>.

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

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

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