Coronavirus is a type of virus transmitted from animals to humans. Once a new strain infects humans, it is called a “novel coronavirus” and can cause sicknesses ranging from a common cold to severe respiratory illness. The novel coronavirus spreading in the United States causes coronavirus disease 2019, or COVID-19.

If you have questions about COVID-19, please call our hotline at 866-941-4785.

**What is COVID-19 (novel coronavirus)?**

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**What are the symptoms of COVID-19?**

- Cough, fever, muscle/body aches and difficulty breathing

**How is it spread?**

- Close contact with an infected person (within 6 feet for 10 minutes or more)
- Uncovered coughing or sneezing on other people or surfaces

**What should I do if I think I have coronavirus?**

**BEFORE** you go to your doctor:
- **CALL FIRST** to discuss your symptoms. If you need to go in, they will be prepared for you.
- If your symptoms are considered mild, staying at home is the safest option.

If your symptoms are severe, call your nearest emergency room, tell them your symptoms, then go there.

**What can I do to protect myself and my loved ones from the flu or COVID-19?**

- Wash your hands often with soap and water for at least 20 seconds
- Avoid people with flu-like symptoms
- Cover your cough with your sleeve or a tissue and dispose
- Don’t touch your face, nose, mouth or eyes
- Don’t travel unless it’s necessary
- Stay away from others if you have flu-like symptoms

**What can I do if someone in my household becomes sick?**

- Have a plan to treat and care for the sick person
- Select a room for quarantine
- Keep prescriptions filled
- Have OTC medications on hand
- Clean and disinfect frequently-touched objects and surfaces
- Stock up on some non-perishable food and/or frozen food to last two weeks in case you or someone in your household becomes quarantined.