

Take These Steps to Help Protect Yourself

We recommend you follow the CDC's guidelines to prevent the spread of any respiratory illness—including coronavirus:

- ▶ **Wash your hands** with soap and water for at least 20 seconds
- ▶ If soap and water are not available, **use an alcohol-based hand sanitizer** with at least 60% alcohol
- ▶ **Avoid touching your eyes, nose and mouth** with unwashed hands
- ▶ **Avoid close contact with people** who are sick or with large crowds, like those at sporting events
- ▶ **Stay home** when you are sick
- ▶ **Maintain a distance of at least 6 feet** between yourself and others, especially those who are coughing or sneezing
- ▶ **Clean and disinfect surfaces you touch often**, like your phone or countertops
- ▶ **Cover your nose and mouth** with a tissue when you cough or sneeze, then throw the tissue in the trash
- ▶ **Avoid shaking hands** and close personal contact with others

Should You Wear a Mask?

The CDC **does not recommend that people who are well wear a face mask**. Masks should only be used by people who show symptoms of coronavirus—to help prevent the spread of the disease to others—and by medical personnel.

What Are the Symptoms?

Symptoms are similar to an upper respiratory infection and may include:

- ▶ Fever
- ▶ Cough
- ▶ Shortness of breath

If You Have a Chronic Illness

Patients on oxygen or dealing with chronic illness such as severe COPD, emphysema or unregulated diabetes **may want to be more cautious** and contact their MoreCare PCP directly to make sure they receive the right testing.

Contact Your Doctor

Be sure to contact your primary care doctor right away if you're experiencing respiratory symptoms or if you develop a fever.

For more information on steps you can take to keep yourself and your loved ones safe, please visit [CDC.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)

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QUESTIONS?
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