

Coronavirus: What You Need to Know

You are probably hearing a lot about the Coronavirus disease (COVID-19) in the news and wondering what steps you can take to stay healthy or what to do if you don't feel well.

The symptoms of coronavirus include mild to severe respiratory symptoms, such as fever, cough, shortness of breath, and lower respiratory illness. It may be contagious before a person shows symptoms.

If you have been exposed to someone who has Coronavirus or begin showing symptoms of the virus or flu, contact your doctor or health department immediately.

Your doctor may have a telehealth option for you.

You can get medical advice, a diagnosis or a prescription by phone or video. You can use telehealth for illnesses such as:

- Colds, flu and fevers
- Rash, skin conditions
- Sinus problems, allergies
- Upper respiratory infections, bronchitis

As a MeridianHealth member you have access to healthcare professionals 24/7. You can reach health providers for non-emergency health issues through the 24/7 Nurse Advice Line. For more information about this service call us at: 888-437-0606.

You can take steps to protect yourself and your community.

There are things you can do to protect yourself and those around you. Here are some tips to prevent getting sick:

- Wash your hands well with soap and water for at least 20 seconds -- hand washing is the most effective way to control the spread of many viral illnesses.
- Use alcohol-based (contains at least 60 percent) hand sanitizer.
- Cover your mouth when you cough or sneeze by coughing and sneezing into a tissue and then throwing the tissue in a wastebasket.
- Thoroughly clean surfaces that may be contaminated.
- Avoid shaking hands and close contact with people who are sick.

For more information, see the attached Centers for Disease Control Factsheet or visit www.cdc.gov/coronavirus.