

NOVEL CORONAVIRUS (COVID-19)

WHAT YOU SHOULD KNOW

You may be at risk if you have:

- Traveled outside of the United States or
- Had close contact with someone who recently traveled outside of the United States and was SICK

How is it spread?

- Coughing and sneezing
- Close contact with people, such as touching or shaking hands
- Touching an object or surface that has the virus on it, then touching your mouth, nose, or eyes.

What are the symptoms?



Fever



Shortness of breath or difficulty breathing



Cough



Severe illness (sickness)



People who have traveled outside of the United States and may have been exposed to the virus should monitor for symptoms for 14 days.

How can you protect yourself?

- **Wash your hands** often with soap and water
- **Avoid touching face** with unwashed hands.
- **Avoid close contact** with people who are sick.
- **Stay home** when you are sick.
- **Cover your cough or sneeze** with a tissue, then throw it in the trash.
- **Clean and disinfect** frequently touched objects and surfaces.

What should I do if I believe I have been exposed to Coronavirus?

If you have traveled outside of the United States, **OR** have had close contact with someone who recently traveled outside of the United States and was SICK:

- Call the HCC and discuss your recent travel and symptoms.
- Avoid contact with others.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer if soap and water are not available.

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