



# 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 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 and Prevention (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:

- Stay at least six feet away from people who are sick and people who don't live in your household.
- 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.
- Cover your mouth and nose with a cloth face cover when around others.
- Monitor your health daily and be alert for symptoms.

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.

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

- Fever or chills
- New loss of taste or smell
- Cough
- Sore throat
- Shortness of breath or difficulty breathing
- Congestion or runny nose
- Fatigue
- Nausea or vomiting
- Muscle or body aches
- Diarrhea
- Headache

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

Call ahead before you go to a provider's office or emergency room and tell them about any recent travel and symptoms.

### For more information

To learn about COVID-19 and your HealthSelect medical plan benefits, visit <https://healthselect.bcbstx.com/content/medical-benefits/corona-virus>.

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



**BlueCross BlueShield of Texas**

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

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