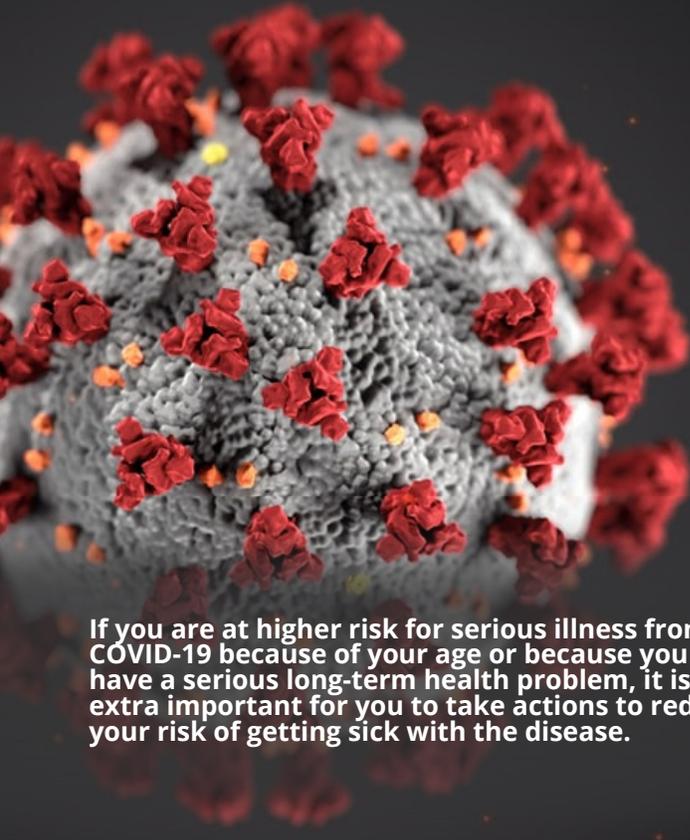


# Covid-19 and You Newsletter

Licensed Sales Agent

*Tips, fact, and information for navigating the Coronavirus.*



If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

## Taking Everyday Preventative Actions

- Avoid close contact with people who are sick.
- Clean your hands often.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your face, nose, eyes, etc.
- Avoid touching high-touch surfaces in public places - elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue to cover your hand if you must touch something.
- Clean and disinfect your home to remove germs. Practice routine cleaning of frequently touched surfaces
- Avoid crowds, especially in poorly ventilated spaces.
- Avoid all non-essential travel.

## What is coronavirus virus?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of Breath
- Difficulty breathing/shortness of breath
- Persistent pain

**As a reminder, our office will be able to continue to assist you with all your insurance needs and any questions you may have.**

**We have the technology in place to assist our customers virtually, via telephone, text message and email. Call us today with questions or to setup an appointment!**

**Be sure to Check out the Information Resources Available from Medicare on Their Website.**

<https://medicare.gov>

**Getting Prescriptions in Disaster or Emergency**

<https://www.medicare.gov/what-medicare-covers/getting-prescriptions-in-disaster-or-emergency>

**Getting Care & Drugs in Disasters or Emergencies**

<https://www.medicare.gov/what-medicare-covers/getting-care-drugs-in-disasters-or-emergencies>



**Have Supplies on Hand**

Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak in your community.

If you cannot get extra medications, consider using mail-order for medications.

Be sure you have over-the-counter medicines and medical supplies to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.

Plan for several weeks worth of supplies (household items, groceries, etc.) so that you will be prepared to stay at home to avoid risk.

**Have a Plan for if You Get Sick**

Consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19.

Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.

Determine who can care for you if your caregiver gets sick.

Take extra measures to put distance between yourself and other people to avoid exposing others.

**Stay Home as Much as Possible**

Consider ways of getting food brought to your house through family, social, or commercial networks

If a COVID-19 outbreak happens in your community, it could last for a long time.

Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

**What to do if You Get Sick**

Stay home and call your doctor. Let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.

If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for how to take care of yourself at home.

Know when to get emergency help.

Get medical attention immediately if you have any of the emergency warning signs listed above.

**Visit The Centers for Disease Control website for more information on the Coronavirus.**

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>