



## COVID-19 Health & Safety Tips

### Our health is in your hands

What can you do to protect yourself, your family and our community?

Follow the Center for Disease Controls guidelines for COVID-19.

This includes mask-wearing when you can not physically distance from other people.

Visit [www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/) for the full set of guidelines.

### Here are some other critical ways for you to do your part:

- Keep the entire household at home if someone in your household has tested positive for coronavirus.
- If you are an older person or if you have a serious underlying health condition that puts you at increased risk for coronavirus complications (including those that impair your lung or heart function or weaken your immune system), stay home and limit your contact with others.
- Listen to and follow the directions of your state and local authorities.

### Slow the spread of coronavirus

All of us must do our part to slow the spread of the Coronavirus. Here's how to help:

- Avoid social gatherings of more than 10 people.
- Avoid close contact (6 feet, or about two arm lengths) with others outside of your household.
- Work or engage in schooling from home whenever possible.
- Avoid eating or drinking at bars, restaurants, and food courts. Use drive-thru, pickup, or delivery options.
- Avoid discretionary travel and unnecessary shopping trips and social visits.



*Wear a mask*



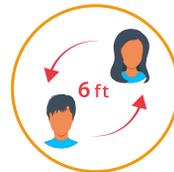
*Wash hands*



*Cover your  
sneeze and cough*



*Use sanitizer*



*Avoid contact  
with others*



*Stay home*



*No travel*



*Disinfect*

### Hygiene habits to practice now

- Wash your hands often with soap and water for at least 20 seconds, especially after being out in public, blowing your nose, coughing, or sneezing.
- If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid contact with "high-touch" surfaces in public places, like elevator buttons, door handles, and handrails.
- Cover your hand or fingers with a tissue or even a sleeve if you must touch something.
- Don't shake hands. A polite nod is the safer choice.
- Avoid touching your face, nose, and eyes.
- Clean and disinfect your home often, especially frequently touched surfaces: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and cell phones.

### Prepare for healthcare needs

- Stock up on over-the-counter medicines and medical supplies (like pain relievers and tissues) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Keep enough household items and groceries on hand so you are prepared to stay at home for a period of time.

## Coping with stress

Older people are at higher risk for severe illness from COVID-19. This is stressful for senior citizens and their families. Here are a few things you can do to cope with that stress:

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and recreational drugs.
- Make time to unwind. Engage in hobbies or other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.



## Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

If you or someone you care about are feeling overwhelmed with emotions like sadness, depression, anxiety, or if you are thinking of harming yourself or others:

- **Call 911**
- **Reach out to the Substance Abuse and Mental Health Services Administration (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746 (TTY: 1-800-846-8517)**

## CommuniCare Advantage covers COVID-19 related needs



CommuniCare Advantage covers the lab tests for COVID-19. You pay no out-of-pocket costs.

CommuniCare Advantage covers FDA-authorized COVID-19 antibody (or "serology") tests if you were diagnosed with a known current or known prior COVID-19 infection or suspected current or suspected past COVID-19 infection.



CommuniCare Advantage covers all medically necessary hospitalizations. If you are diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead need to stay in the hospital under quarantine, you will be covered. You will still pay for any hospital deductibles, copays, or coinsurances that apply.

At this time, there is no vaccine for COVID-19. However, COVID-19 vaccination will be covered if one becomes available.



*Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your member ID card and your Medicare red white and blue card like you would a credit card. Check your claims summary forms for errors, and if someone calls asking for your Medicare or Member ID Number, hang up!*

**Protect yourself. Protect others. Unite against COVID-19.**