

# What You Need To Know About The CORONAVIRUS

## WHAT IS THE CORONAVIRUS?

**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 (new) coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. Symptoms associated with the virus are mild to severe fever, cough, and shortness of breath. There is currently no vaccine to protect against COVID-19, and there is no specific antiviral treatment for the virus.

As the coronavirus spreads across the United States, the CDC recommends using telehealth to help people find the right level of healthcare for their medical needs. This can help limit the spread of the virus by eliminating the risk of exposure to germs in the ER, Urgent Care Clinics, and doctors' offices.

## CORONAVIRUS FACTS

- ◆ Coronavirus is a family of viruses known to cause illnesses ranging from the common cold to pneumonia.
- ◆ Symptoms of the coronavirus include shortness of breath, coughing, runny nose, sore throat, and fatigue.
- ◆ AllyHealth continually monitors the CDC guidelines and recommendations around the coronavirus disease. AllyHealth physicians are prepared to screen patients and their symptoms to determine the severity and whether symptoms align with the COVID-19.
- ◆ If concerns for coronavirus are present during your medical assessment, the AllyHealth physician will help guide you to the appropriate level of care.

## PREVENTION TIPS



Stay home if you're sick.



Wash your hands frequently with soap and water for 20 seconds at a time. If you don't have soap and water available, use a hand sanitizer that has at least 60% alcohol.



Avoid contact with people who are sick.



Try not to touch your eyes, nose, or mouth.



Clean and disinfect surfaces and objects that are frequently touched.



Refrain from travelling if possible.



Do not wear a mask unless you have symptoms of the coronavirus or are a health worker.



If there is any suspicion of infection, contact your healthcare provider immediately. Healthcare provider will then determine if appropriate to contact local health authorities based on symptoms and likelihood of COVID-19. The coronavirus shares many symptoms with the common cold, including runny nose, headache, cough, sore throat, and fever.

# USE ALLYHEALTH

## To Limit Your Exposure To Germs And Viruses



Your Employer's health plan benefits include telehealth coverage through AllyHealth. If you or your qualified dependents have symptoms of the coronavirus, AllyHealth board-certified doctors are here to help 24/7. Our physicians can assess your condition and help determine the necessary next steps, all from the comfort of your home.

Along with providing support for people dealing with the coronavirus, AllyHealth physicians can help with more than 80 common illnesses, including:

- ◆ Allergies
- ◆ Cold Symptoms
- ◆ Ear Pain
- ◆ Fever
- ◆ Flu
- ◆ Headache
- ◆ Pink Eye
- ◆ Rash
- ◆ Sinus Infection
- ◆ Sore Throat
- ◆ Urinary Tract Infection (Female, 18+)
- ◆ And more...

If you or someone you love feels sick, AllyHealth is here for you. Get the care you need anytime, anywhere, and start feeling better faster.

### HOW TO USE ALLYHEALTH



You can access AllyHealth online at: [member.allyhealth.net](https://member.allyhealth.net)



Phone: **888-565-3303**



Download the Mobile App [www.allyhealth.net/getapp](https://www.allyhealth.net/getapp)

1. Sign up to use your free AllyHealth account. We recommend you register now so you're prepared when you need quality care.
2. Request to see a doctor. AllyHealth doctors are available by phone or video. You can request to see a doctor right away or schedule your appointment for a time that works for you.
3. Have your visit. Your AllyHealth doctor will go through your symptoms, recommend a treatment, and can even send a prescription to your nearest pharmacy if you need one.