

If you feel sick with fever, cough, difficulty breathing or shortness of breath, call your healthcare provider. They will provide you with specific instructions on where, when and how to obtain medical care appropriate to your symptoms.

If you are enrolled in the College's medical benefit, our Blue Cross plans now include **Telehealth**, a virtual visit with a healthcare professional, as a covered service. Consider using this service if you are ill and need to speak with a medical professional. Details will be emailed to enrolled participants this afternoon/evening.

If you are enrolled in medical coverage elsewhere, investigate if your benefit plan includes telemedicine as an alternative to in-person office visits.

Remember to take everyday preventive actions that are always recommended to prevent the spread of respiratory viruses:

- Avoid close contact with sick people.
- **Stay home if you are sick.**
- While sick, limit contact with others as much as possible (i.e., stay in a specific room and away from other people in your home; using a separate bathroom, if available.)
- Avoid sharing personal household items such as dishes, drinking glasses, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washing thoroughly with soap and water.
- Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.

It is important to emphasize that thus far the vast majority of people who have become ill with COVID-19 have experienced relatively mild symptoms, such as fever and cough. However, people who are at higher risk of illness should speak with their health provider about ways to lower their risk of infection. This includes people age 60 and older, those with underlying health conditions such as heart disease and lung disease, pregnancy and those who are immune compromised. Should mild symptoms worsen, **call** your healthcare provider.



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