



COPING *WITH A* PUBLIC HEALTH EVENT

COVID-19 (coronavirus)

If you turn on the TV, pick up a newspaper or go on the Internet, you'll likely hear news about the Coronavirus outbreak. The new virus was officially reported by the World Health Organization (WHO) on Jan. 9. Coronavirus has symptoms similar to a respiratory illness, including fever, cough, and shortness of breath – and in some cases can cause death. Cases continue to grow in regions across the globe.

While people may be impacted in different ways, there are several support resources available to you. Optum is offering a free emotional support help line for all individuals impacted. Additionally, there are several coping and disaster tools and resources available to you on liveandworkwell.com. Log on to liveandworkwell.com with your HealthSafeID™ or company access code. Type the keyword "disaster" or look for the COVID-19 spotlight to participate in a webinar.

Optum Public Crisis Line: Our toll-free emotional support help line at [\(866\) 342-6892](tel:8663426892) is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week.

What You Need to Know

- At the present, there is no specific vaccine to prevent COVID-19 (coronavirus).
- The CDC recommends the use of cloth face coverings in public settings where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies). Surgical masks or N-95 respirators are not recommended for the general public. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders. Additional guidelines on face coverings can be found on the CDC website.
- If you are concerned that you may have been exposed to COVID-19, contact your healthcare provider and monitor your health for 14 days from last possible exposure.
- If you believe you may have been exposed to COVID-19 and begin to experience symptoms including fever, cough, and difficulty breathing, seek medical care right away. Call ahead and tell them about your symptoms. Avoid contact with others and follow preventive practices as outlined below.
- There is no specific treatment for COVID-19. If you become infected, you will receive supportive care to help relieve symptoms.
- If you are sick with COVID-19, you can prevent the spread of the virus by following the steps listed on the **What to Do if You are Sick** page of the CDC website.
- You can stay current with the most up-to-date information by visiting the **COVID-19 (coronavirus)** page on the CDC website.

What You Should Do

To help protect yourself and your loved ones, follow good prevention practices, including:

- Hand washing with soap and water for at least 20 seconds or use of alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact or sharing cups or eating utensils with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.

Source: U.S. Centers for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Recommended Public Health Resources:

U.S. Centers for Disease Control and Prevention (CDC) – <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization (WHO) – <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Optum does not provide medical advice. The information and therapeutic approaches in this article are provided for informational and/or educational purposes only. They are not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

© 2020 Optum, Inc. All rights reserved. WF135745 75376-052018-REV