Coronavirus Information

The Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) are actively monitoring the outbreak of the 2019 novel coronavirus, which has infected thousands of people worldwide.

At Meritain Health®, we are focused on the health and safety of our members.

It's important to keep a sense of perspective in the face of an outbreak like coronavirus. Although additional cases have now been reported in the United States, the risk of contracting the coronavirus here remains very low at this time. By contrast, the 2019–2020 flu season has resulted in more than 19 million cases diagnosed in the United States, with up to 310,000 flu-related hospitalizations.

The CDC has provided guidance for assessing a person's risk for acquiring coronavirus. If you are concerned that you may have been exposed to coronavirus, please talk to your local health care provider.

Luckily, the tried-and-true methods the CDC and health professionals recommend to prevent the risk of infection with the flu and other viruses are also true for the coronavirus. These recommendations include the following:

- Wash your hands often, and avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- When you sneeze, cover your nose and mouth.
- Regularly clean and disinfect surfaces and objects, such as a phone or shared work station that could be contaminated with germs after use.
- If you have cold-like symptoms, please remain at home while sick as a courtesy to your coworkers and others.
- Practice healthy habits by aiming for the recommended eight hours of sleep, drinking plenty of fluids and eating a well-balanced diet.
- Flu season is still amongst us—get a flu vaccine if you have not yet, and take flu antivirals, if prescribed.

It's important to remember that the primary defense against viral infection continues to be hand washing. The tips above are your best strategy for avoiding the flu and other illnesses this season and for preventing the spread of any illness you may contract. If you are concerned about your symptoms, please see your local health care provider.

Know your symptoms

If you develop fever, cough and difficulty breathing, seek medical advice promptly, as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

For more information about this topic, visit www.cdc.gov/coronavirus/2019-ncov/index.html.

Reference: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

This flyer is solely for informational purposes and is not intended to provide medical advice. You should consult with your health care provider regarding any questions you have about your health and/or medical treatment.