March 18, 2020

Dear Member,

We are closely monitoring Coronavirus (COVID-19) and the most updated information from the Centers for Disease Control and Prevention (CDC) to help keep you and your family healthy.

**Here are some facts about Coronavirus**

COVID-19 is a respiratory illness that can spread from person to person. This virus was first detected in Wuhan, China and likely emerged from an animal source.

**Symptoms**

Symptoms of the virus may appear 2-14 days after exposure. Symptoms may include fever, cough and shortness of breath. **Call your doctor** if you feel sick and have traveled to China or Europe within the last 14 days. Or if you have been in close contact with a person who has traveled to China or Europe. Calling ahead before you go to the doctor’s office is preferred in order to inform staff of current symptoms.

**Prevention**

There is no vaccine to prevent the COVID-19 virus. However, you can help prevent the spread of the virus with these simple actions:

- **Stay home when you are sick.**
- **Avoid touching your eyes, nose and mouth with unwashed hands.**
- **Wash your hands often with soap and water for at least 20 seconds.**
- **Use a hand sanitizer that contains at least 60% alcohol if soap and water are not available.**
- **Clean and disinfect objects and surfaces using cleaning wipes or household sprays.**
- **Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**
- **Avoid close contact with people who are sick.**

For more information and updates on COVID-19, please visit the CDC: [https://www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

Sincerely,

El Paso Health