

Coronavirus (COVID-19)



What
I
Need to
Know

Preparing for COVID-19

- Contact your doctor or pharmacy to ask about obtaining extra medicine, if necessary. Find out if mail order is an option for you.
- Stock up on household items and groceries.

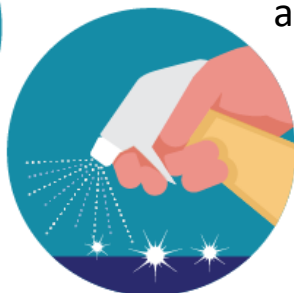
Protecting Yourself

- Wash your hands with soap and water for at least 20 seconds.
- Use hand sanitizer with 60% alcohol when soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Avoid non-essential travel.



Protecting Others

- Stay home if you are sick, except to get medical care.
- Cover your mouth and nose with tissue when coughing and/or sneezing. Throw tissue away after use and wash your hands.
- Disinfect frequently touched surfaces or objects.



Signs and Symptoms

If you experience any of the following symptoms, please call your primary care physician and call RiverSpring Health Plans anytime, 24 hours a day, 7 days a week at: 1-800-370-3600.

- ✓ Fever
- ✓ Cough

- ✓ Shortness of Breath
- ✓ Diarrhea