

RiverSpring Health Plans

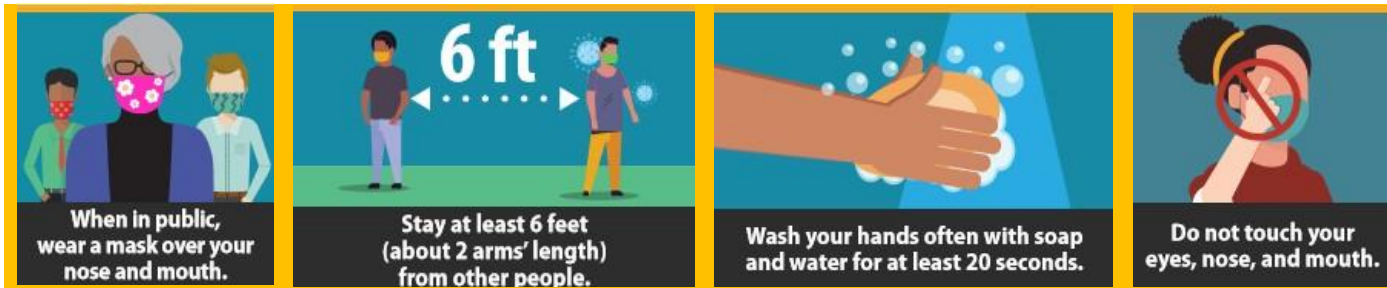


What
I
Need to
Know

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



- When soap and water are not available, use hand sanitizer with 60% alcohol.
- Avoid close contact with people who are sick
- Avoid non-essential travel.

Protecting Others



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 ✓ Loss of Taste or Smell