



How serious is the coronavirus?

- It can cause flu-like symptoms, including: fever, cough and difficulty breathing.
- It is not serious for most people, including children.
- There is currently no vaccine.
- Most people get better with enough rest, water to drink and medicine for discomfort.

How likely are you to catch the virus?

- You can catch it if you have been close to a person who has the virus. The virus can spread between people through respiratory secretions, especially by a cough or sneeze. It's unclear if a person can get the virus by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes.
- If you have traveled to areas where many people are infected, your chance of catching the virus is higher, i.e., China and any affected areas.
- Visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html> for updates and locations of confirmed cases worldwide.

How can you help prevent the spread of coronavirus?

If you need to cough or sneeze:



Cough or sneeze into upper sleeve, or into a tissue, not in your hands



Toss the tissue



Wash your hands with soap and hot water or use hand sanitizer

Wash hands with soap and water or use hand sanitizer:



Before cooking and eating



After using the bathroom



Before touching your eyes, nose and mouth



Before leaving home, before entering home, and while at work



Try not to touch your eyes, nose and mouth with unwashed hands



Do not share items that come into contact with your mouth, nose or eyes



If unwell, do not share items, such as: bedding, dishes, towels, writing utensils, electronic devices, etc.



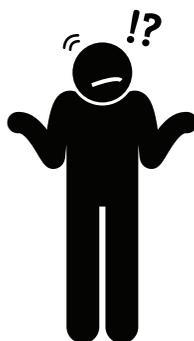
Clean and disinfect frequently touched objects and surfaces (doorknobs, desks, bathroom fixtures, toilets, phones, keyboards, tablets, etc.)

What to do if you feel unwell:

If you become unwell while at work or traveling on business, contact HR or your supervisor and leave the workplace.

If a friend or family member with whom you have close contact has contracted the virus, let HR/your supervisor know immediately.

Keep away from others and avoid public places.



Employees who have symptoms of acute respiratory illness are recommended to stay home, notify their supervisor and not come to work until they are free of fever (100.4 degrees or greater using an oral thermometer), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g., cough suppressants).

For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Employee Assistance Program (EAP)

The Company's EAP, through Morneau Shepell, is available at no cost to you and provides counseling and support for your total well-being. Trained counselors and clinicians are available to support you and your family by providing immediate and confidential help for any work, health or life concerns.

Access the EAP 24/7/365 at: **800.272.2727**
workhealthlife.com/us | Download the **MyEAP app** through your device's app store

As of March 4, 2020



Doctor On Demand®

With everyone focused on trying to avoid sharing germs, there has never been a better time to utilize Doctor On Demand, the convenient telehealth service that allows a doctor to treat you via video chat for medical or mental health care needs.* Get started with Doctor On Demand today at doctorondemand.com/bluecrossmn or call **800.997.6196**.

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