

March 4, 2020

## Coronavirus & Flu Prevention

Much like you, we are watching closely the news concerning the coronavirus and reports from the Center of Disease Control that all Americans need to be prepared for the possibility of an outbreak here in the United States. That is why we are sending you this basic information about the virus along with a few tips on prevention.

Coronaviruses are a large family of viruses that typically cause mild to moderate illness, like the common cold. Some however, like the SARS or MERS viruses, have caused more severe illness. Dallas County Health and Human Services is working closely with the CDC, local & State governments and healthcare providers to monitor the situation and prepare to respond as appropriate to the evolving novel coronavirus situation, known as COVID-19.

### Here's what you can do to protect your own health and help reduce the spread of COVID-19:

- Get your flu shot. The virus is hitting at the height of flu season and this year's flu vaccine is particularly effective.
- Wash your hands regularly with soap and water and help young children do the same. Wash for at least 20 seconds – which is how long it takes to sing the Happy Birthday...song so you might want to have fun with that even if it's not your birthday!
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Clean and disinfect handheld devices, such as your mobile phone or tablet, and consider not bringing them to the table when eating.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).



We will continue to keep you posted as we monitor the situation. In the meantime, feel free to visit <https://www.dallascounty.org/departments/dchhs/2019-novel-coronavirus.php> for further information.



### Need Assistance?

Call your Healthcare Concierge toll-free at 1-877-374-7993 (TTY 711), October 1 - March 31, 8am to 8pm, CST, seven days a week or April 1 - September 30, 8am to 8pm, CST, Monday through Friday.

Sent by Care N' Care Insurance Company, Inc. 1701 River Run, Suite 402, Fort Worth, TX 76107

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