Coronavirus and What It Means

What is a coronavirus?
Coronaviruses have been around for decades and are perhaps best known for causing illnesses like the common cold, with symptoms like coughing, sneezing and other upper respiratory issues. In late 2019, a new coronavirus was discovered.

What can you do to keep yourself and others healthy?
According to the Centers for Disease Control (CDC):
There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- What are the symptoms of the coronavirus?
  - Fever
  - Cough
  - Shortness of breath
- What should I do if I think I have COVID-19?
  - Seek medical advice if you have recently traveled to a level 3 country as identified by the CDC and feel sick. Please visit https://wwwnc.cdc.gov/travel/notices.
  - Call ahead before you go to a doctor’s office or emergency room. Tell them about your recent travel and your symptoms.
- Do I need to go to the emergency room (ER)?
  - Not usually. If you are not sure if you need to go to the ER, call your health care provider.
- For more information

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