CORONAVIRUS: COVID-19

AULTCARE

AultCare is invested in the health of our members and community, and we want to share updates and guidance towards prevention and treatment of COVID-19.

WHAT ARE THE SYMPTOMS?

COVID-19 presents with symptoms similar to an upper respiratory infection:

- Cough
- Fever
- Shortness of breath
- Symptoms may appear 2-14 days after exposure

Cough   **Fever**   **Shortness of breath**

HOW CAN I HELP PREVENT THE SPREAD OF COVID-19?

- Practicing basic hygiene is the most effective way to avoid spreading illness, including COVID-19.
- Wash your hands thoroughly with soap and water for at least 20 seconds. Clean the palms and the backs of your hands and underneath your fingertips.
  - » If soap and water aren't available, use hand sanitizer containing at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- Frequently clean and disinfect surfaces such as countertops, desks and phones.
- Cough or sneeze into your upper sleeve or elbow if tissues are not available.
  - » Do not cough or sneeze into your hands.
- Stay away from people who are or may be sick.
- Stay home if you are sick.
- The CDC does not recommend wearing a face mask to protect yourself.

WHERE CAN I FIND MORE INFORMATION?

Visit the CDC's homepage at cdc.gov or the WHO's website at who.int for the most up-to-date information regarding COVID-19 and travel restrictions.