COVID-19

During unprecedented times such as these, we recognize the importance of protecting ourselves and family members.

How can I protect myself?

The best preventative steps for any communicable disease include simple but important measures to practice as part of your daily routine, but especially during flu season:

- Get a flu shot - it is not too late.
- Wash your hands often with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer (>60% alcohol) when handwashing with soap/water is not readily available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing anything that has come in contact with saliva such as cups, eating utensils, plates, bedding, towels, and clothing whether in your living or social environments.
- Frequently clean and disinfect high-touch surfaces such as doorknobs, keyboards, phones, tables, countertops, tablets, bathroom fixtures, and television remotes using regular household cleaning spray or wipes
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Get adequate sleep and eat well-balanced meals to ensure a healthy immune system.
- Regularly wash dishes, clothes, and bedding.
- Avoid shaking hands, use fist bumps, elbow bumps, or toe taps for greetings.
- Additional information is available from the CDC, including dos and don'ts.

Do you have Optima Health Coverage?

Optima continues their commitment to improving health by providing coverage to members affected by the coronavirus. In–network diagnostic testing and no–cost telehealth visits are some of the ways members can benefit from Optima support.

https://www.optimahealth.com/members/updates/coronavirus