

# CORONAVIRUS

## Resources for Employees

### WHAT IS CORONAVIRUS?

Coronavirus (2019-nCoV) is a respiratory illness caused by a virus that was first identified in China. It is highly contagious and includes symptoms like fever, cough, and shortness of breath. The risk in the U.S. is currently low, but knowing how to protect yourself is key.

### FREQUENT QUESTIONS

#### What are the symptoms?

The most common symptoms are fever, cough, and shortness of breath, but occasionally symptoms are more severe. If you develop these or any flu-like symptoms, contact Teladoc to talk about your symptoms, travel history, and recent contact with anyone who may be infected with the virus.

#### How is coronavirus spread?

The virus can spread from person to person primarily through coughing and sneezing. Washing hands, cleaning commonly touched surfaces, and avoiding sick people are the best ways to prevent the illness from spreading.

#### How do I know if I'm at risk of contracting coronavirus?

You may be at greater risk if you have recently traveled to regions where there are currently outbreaks of the virus or if you come into contact with someone who has the virus. Symptoms typically appear within 2 to 14 days after exposure.

### AETNA

#### Three Tips:

- **Keep it clean**

Clean your hands with soap and water for 20 seconds after touching surfaces in public areas, and especially if you are around someone who isn't feeling well. Also, clean and disinfect frequently touched objects.

- **Avoid contact with sick people**

Avoid close contact with people who are sick and avoid traveling to locations where there are outbreaks of the coronavirus. And if you get sick, stay home to avoid spreading the virus to others.

- **Contact Teladoc**

There is no cure for coronavirus, but if you have symptoms of the virus, contact Teladoc and our doctors can evaluate your risk and help with next steps when necessary. [Teladoc.com](https://www.teladoc.com)

### CHI

CHI Health, has announced a process to help those in the community who are worried they may have COVID-19.

Go to [CHIhealth.com](https://www.chihealth.com) and click on "**Take Questionnaire**" where you will find three short questions. How those questions are answered will determine what happens next.

You may be directed to more information, to Virtual Care or to our Help Line. Calling that number that will connect you with a CHI Health employee who will collect additional information and contact a physician or advanced practice provider. The health care provider will call you back within 30 minutes to determine what needs to happen next.

Are You at Risk?  
[Take the Questionnaire](#)