

UNDERSTANDING THE CORONAVIRUS



The virus known as Covid-19, is a respiratory condition that can spread from person to person. It was identified as the cause of the outbreak of respiratory diseases first detected in Wuhan, China, and has already spread to more than 70 countries, including the U.S. The Centers for Disease Control and Prevention (CDC) is investigating and providing updates, as the situation is constantly changing.

HOW DOES THE CORONAVIRUS SPREAD?

- It is believed that the virus spreads mainly from person to person, especially in those who have close contact (within a distance of 6 feet).
- From respiratory droplets that occur when an infected person coughs or sneezes. These droplets can reach the mouth or nose of those nearby, or possibly enter the lungs when the person nearby breathes.
- By touching contaminated objects or surfaces, and then touching your mouth, nose or eyes.

WHAT SYMPTOMS ARE ASSOCIATED WITH THIS VIRUS?

Symptoms of the reported disease have varied from mild to serious, and in some cases have even resulted in deaths. These can appear 1 to 14 days after exposure to the virus, and may vary. Cases of those infected may have few or no symptoms, or people could become severely ill. Symptoms may include:

Common Symptoms:

• Runny Nose • Cough • Sore Throat

Symptoms in serious cases include:

• High fever • Pneumonia
• Acute respiratory deficiency or shortness of breath

PREVENTION AND TREATMENT

There is currently no vaccine to prevent the coronavirus infection. The best way to prevent infection is to avoid being exposed to this virus. Protect your health and your family's. It is recommended to:

- 1 Stay informed from reliable sources.
- 2 Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- 3 Avoid touching your eyes, nose and mouth.
- 4 Avoid close contact with sick people. Keep a distance of at least 6 feet.
- 5 Cover your mouth with a tissue when coughing or sneezing, and throw the tissue away.
- 6 Clean and disinfect objects and surfaces frequently.
- 7 If you have a fever and respiratory disease symptoms, such as coughing or shortness of breath, or have been in close contact with a person at risk of having the Coronavirus, or if you live in or have recently traveled to a country that has reported cases of the Coronavirus, contact your healthcare professional or doctor by phone and tell them about your recent trip or contact. Your healthcare provider will give you instructions on where to go, and coordinate with the Puerto Rico Department of Health and the CDC (Centers for Disease Control and Prevention) to determine if you need to be tested for COVID-19.

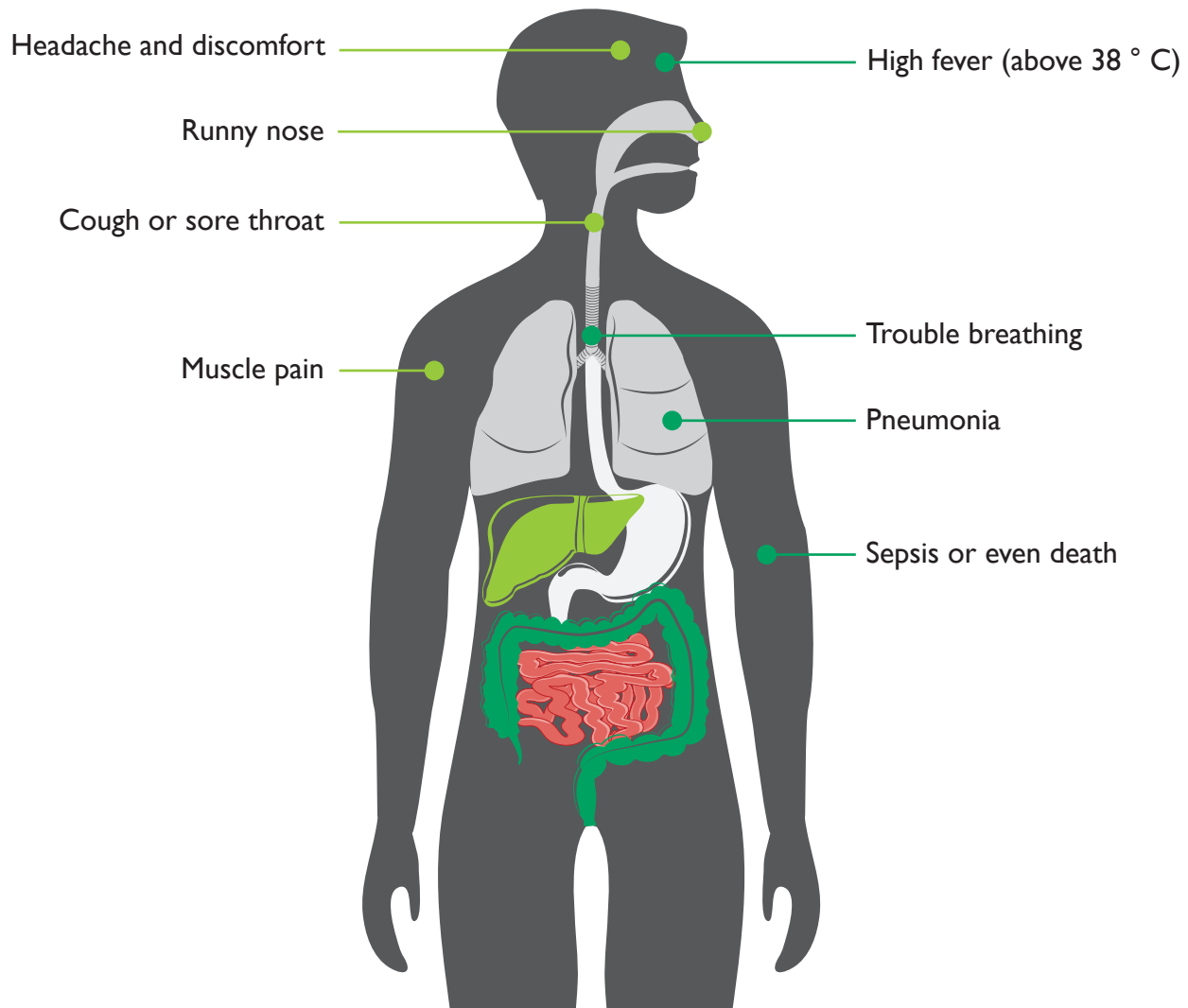
WHAT SHOULD YOU DO IF YOU CONTRACT THE CORONAVIRUS?

- Stay home, except for medical attention. Call your doctor before you visit the doctor's office, as this will help take steps to prevent others from catching it.
- Even at home, stay isolated (away from other people and animals) until the risk of transmission has gone down.
- Use a mask to prevent the virus from spreading.
- Cover your nose and mouth when coughing and sneezing.
- Avoid sharing personal use items.
- Wash your hands often.
- Clean all surfaces frequently.
- Stay alert to your symptoms. Seek medical attention if your condition gets worse.

Remember, the MCS Medilínea health guidance line is a free consulting phone service staffed by nurses and supported by doctors and specialized clinical personnel, and available 24 hours a day, 7 days a week. For emergencies or urgent care, call MCS Medilínea toll free, at 1-866-727-6271. To learn more about any of our wellness programs, contact our Customer Service Call Center at 787-620-2530 (metro area), or 1-866-627-8183 (toll free) or 1-866-627-8182 TTY (Hearing Impaired), Monday to Sunday from 8:00 a.m. to 8:00 p.m.

Common Symptoms

Possible complications



Reference: Coronavirus Disease 2019 (COVID-19), Center for Disease Control and Prevention, US Department of Health and Human Services. <https://www.cdc.gov/coronavirus/2019-ncov/summary.html>

Lo que necesita saber sobre la enfermedad del coronavirus 2019 (COVID-19) Center for Disease Control and Prevention, US Department of Health and Human Services.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-sp.pdf>

COVID-19, the Coronavirus 2019, Pan American Health Organization (PAHO):

https://www.paho.org/hq/index.php?option=com_content&view=article&id=15696:coronavirus-disease-covid-19&Itemid=4206&lang=es

Questions and Answers on Coronavirus (COVID-19), World Health Organization (WHO):

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

What to do if you catch the Coronavirus 2019 (COVID-19):

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-sp.pdf>

Specific information and frequent updates for travelers: <https://www.cdc.gov/coronavirus/about/index.html>



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