

# WUHAN CORONAVIRUS OUTBREAK

## What You Need To Know



### WHAT IS CORONAVIRUS?

Coronaviruses are a family of viruses that can cause a range of illnesses from the common cold to severe diseases, such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

In December 2019, a new kind of coronavirus, 2019-nCoV, was identified as the cause of various cases of respiratory illness, including pneumonia in Wuhan City, Hubei Province of China. It has become a concern because the origin and the exact conditions of its spreading are still not known, however human to human transmission has been confirmed.<sup>1</sup>

### HOW DO I RECOGNIZE IT?

The main symptoms of coronavirus resemble those of a bad cold or the flu, which can make detection difficult. They include:

- › Fever
- › Cough
- › Shortness of breath

More severe cases can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. The incubation period is believed to be around two weeks.



### WHAT DO I DO IF I THINK I HAVE THE VIRUS?

- › If you show any symptoms, especially after having traveled to an affected area, **please seek medical care immediately** and mention your recent travels to your doctor
- › Cover your mouth with a tissue when you cough or sneeze or consider using a face mask

1. Center for Disease Control and Prevention, <https://wwwnc.cdc.gov/travel/notices/alert/novel-coronavirus-china>, January 6, 2020.



## WHAT CAN I DO TO PROTECT MYSELF?

- › 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
- › Avoid touching your eyes, nose, and mouth
- › Remain at home if possible
- › Avoid close contact with sick people
- › Avoid visiting crowded places
- › Consider using a face mask
- › If you need to travel, make sure to follow [guidelines](#) to avoid illness

## COVERAGE INQUIRIES

Cigna medical plans cover medically necessary claims related to infectious diseases and medical conditions per the terms of the medical plan. Please refer to the terms in your plan for coverage details.

## MORE INFORMATION

For more information on the novel coronavirus please follow the below links:

- › [World Health Organization](#)
- › [Centres for Disease Control and Prevention](#)

## WORRIED ABOUT YOUR SYMPTOMS?

If you have any questions, call the number on your ID card. You may have 24/7 access to a doctor wherever you are with Cigna's Global Telehealth.<sup>1</sup> Contact Cigna Customer Service to confirm if you have this service available. Download the Cigna Wellbeing™ App<sup>2</sup> today to access.



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