DIAGNOSED WITH COVID-19?

TEN THINGS TO DO

If you have a confirmed or suspected case of coronavirus disease 2019 (COVID-19), Blue Cross® Blue Shield® of Arizona (BCBSAZ) is here to help.

1 **STAY HOME EXCEPT TO GET MEDICAL CARE.** Help prevent the spread of COVID-19 by staying in isolation until you've had no fever, cough, or other symptoms for at least 72 hours.

2 **CALL BEFORE YOU VISIT YOUR PROVIDER.** If you need to go in person, call or email first, then follow their recommendations about limiting contact with others.

3 **CALL 911 IN AN EMERGENCY.** If you are feeling short of breath, call 911. Tell the dispatcher about your COVID-19 status.

4 **USE TELEHEALTH SERVICES.** Many BCBSAZ in-network providers are offering telemedicine visits (even if they didn't before). So first, check with your regular primary care provider or any other in-network BCBSAZ provider to see if you can schedule a telemedicine visit. If your BCBSAZ health plan includes BlueCare Anywhere℠, it's an option for urgent care via **BlueCareAnywhereAZ.com** when your doctor isn't available.

5 **STAY AWAY FROM OTHERS WHILE AT HOME.** Isolate yourself as much as possible. Stay in a different area, and use a separate bathroom if that is an option.

6 **WASH YOUR HANDS AND CLEAN SURFACES FREQUENTLY.** Wash hands with soap and water for at least 20 seconds at a time throughout the day, and disinfect any "high-touch" areas.

7 **TAKE CARE OF YOURSELF.** Do what you'd do if you had the flu. Stay hydrated, rest, and take over-the-counter pain or cough medications as needed.

8 **KNOW YOUR COVERAGE.** BCBSAZ has expanded access to care during this outbreak. Find the latest information at **azblue.com/coronavirus.**

9 **DON'T PANIC.** For otherwise healthy people, COVID-19 typically runs its course with no lasting effects. Promote healing by remaining calm.

10 **KNOW THAT BCBSAZ IS HERE FOR YOUR HEALTH.** Our healthcare professionals are dedicated to seeing all Arizonans through this pandemic.

BlueCross BlueShield Arizona

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