

Anthem – Coronavirus Notice

Worried About the Coronavirus? Here's What You Need to Know.

The news is full of stories about a fast-spreading virus from China called the novel (new) coronavirus. Scientists around the globe are racing to learn more about the virus.

Concerned about what this means for your health and your family's safety?

The Centers for Disease Control (CDC) believes the immediate risk to the American public is low right now, but they're asking everyone to help reduce the risk of infections spreading.

How to protect yourself and your family:

- Check the [CDC website](#) for up-to-date information, especially if traveling.
- Get a flu shot to prevent the flu. While the coronavirus is different from the flu virus, the flu is still a serious illness.
- Practice good health habits.
 - Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer when washing isn't an option.
 - Avoid touching your eyes, nose and mouth.
 - Avoid close contact with people who are sick.
 - Stay home when you're sick. That includes staying home from work, school, errands and travel.
 - Cover a cough or sneeze with a tissue, then throw the tissue in the trash.
 - Clean and disinfect frequently touched objects and surfaces, such as phones, keyboards and doorknobs.
 - Get plenty of sleep, be physically active, drink lots of fluids and eat nutritious food.

Sources

Centers for Disease Control and Prevention: About 2019 Novel Coronavirus (2019-nCoV) (January 28, 2020): cdc.gov/coronavirus/2019-ncov/about/index.html.