

Kaiser Permanente sent the following Corona / COVID-19 virus messaging out to all CU Health Plan employees on a Kaiser plan with an email address on file over the weekend of February 29-March 1, 2020.

We're here for you.

To view in browser, [click here](#).



Concerned about your cold and flu symptoms? Speak to an advice nurse 24/7 at Kaiser Permanente.

You may be feeling concerned about the coronavirus, also referred to as COVID-19, which has been in the news. If so, you're not alone.

Here's what you can do to protect yourself and your loved ones:

- Avoid close contact with people who are sick.
- Wash your hands with soap and water regularly for at least 20 seconds. Alcohol hand sanitizers are also effective.
- Try not to touch your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick (except to get medical care). Keep sick children home from school.
- Cough or sneeze into a tissue or your elbow. If you use a tissue, wash your hands afterwards.
- Clean and disinfect frequently touched objects and surfaces.


Are you sick or worried you've come in contact with someone who is?

Chances are you have the flu or a common cold. Staying home to take care of yourself is one of the best ways to avoid spreading these illnesses. No matter what, we're here for you.

Need medical advice?

Please call the advice number on your Kaiser Permanente membership card to speak with an advice nurse or to schedule a telephone or video appointment with your doctor. You can also email your doctor for non-urgent concerns. If you can't find your card, visit kp.org/getcare and click on "24/7 advice."

For more information about the coronavirus (COVID-19), [click here](#).

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