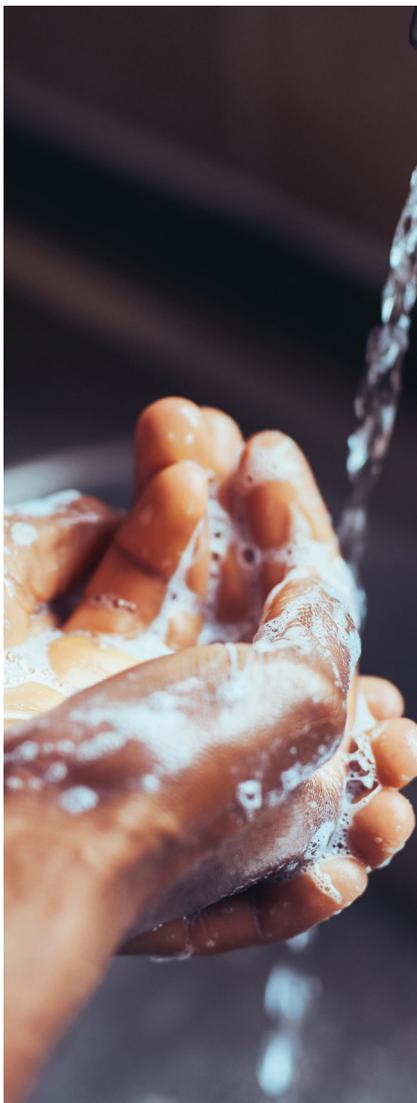




As we all experience a growing concern over the Coronavirus Disease 2019 (COVID-19), WHA would like to share recommendations from the Centers for Disease Control and Prevention (CDC) on prevention and treatment.



WHAT YOU NEED TO KNOW ABOUT Coronavirus Disease 2019 (COVID-19)

COVID-19 Symptoms

If you have two or more of the following symptoms: Fever (100.4 F [37.8 C] or greater by oral thermometer), red-watery eyes, cough, runny nose, red rash that is raised and blotchy, shortness of breath or any travel in the past month, please stay home and call your primary care physician (PCP) to schedule an appointment.

Everyday Preventive Actions

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe

Recommended Strategies for Employers

- Actively encourage sick employees to stay home
- Separate sick employees
- Place good hygiene posters in common work spaces, kitchens, bathrooms
- Place sanitizer or hand hygiene stations at all entrances
- Provide tissues and no-touch receptacles
- Perform routine environmental cleaning
- Advise employees to check CDC website before travel
- If an employee is confirmed to have COVID-19, employers should inform fellow employees of their possible exposure in the workplace but maintain patient confidentiality.
- Employees exposed to a co-worker should refer to CDC guidelines for how to conduct a risk assessment.

Westernhealth.com has been updated with a site-wide alert that guides members to additional information about the coronavirus.

WHA is committed to working with our provider partners to monitor this situation and will keep all of our partners updated as new information becomes available.

Learn more about the Coronavirus | Visit westernhealth.com/coronavirus