

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 AnywhereSM, 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.



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