



COVID-19 Safety: What You Need to Know

Symptoms

- Fever, cough, shortness of breath
- Headaches or muscle aches
- Confusion/mental fog
- New loss of sense of taste and/or smell



If you're experiencing any of these symptoms, stay home and call your doctor. And if you've been exposed to COVID-19, you should self-isolate and immediately contact your doctor.

Help slow the spread



Wear a face mask and encourage others to do the same



Social distance when possible or anytime you're out in public



Wash your hands often, and use hand sanitizer when available



Avoid touching your eyes, nose and mouth



Clean and disinfect objects and surfaces regularly

Other ways to stay safe

- If you had to delay a health care appointment, now is the time to schedule those visits, including annual wellness checkups, immunizations and well-child visits. You can also try a virtual visit to avoid crowded waiting rooms.
- Take extra safety precaution if you or a loved one has an existing health concern, as certain conditions can result in more serious outcomes with COVID-19.
- If you must go out, go at off-hours and do not linger. Try to only make one stop while you're out, instead of running a series of errands.

Other ways we can help

Our *Florida Blue Center* neighborhood nurses and community specialists are just a phone call away. For questions about COVID-19, testing site locations, ways to stay healthy and many other types of relief programs call **877-352-5830**, Monday–Friday, 9 a.m. to 7 p.m. and Saturdays, 9 a.m. to 4 p.m.

Talk with a specially trained behavioral health counselor 24/7 about the stress you may be feeling by calling the *New Directions Behavioral Health* toll-free help line: **833-848-1762**.

Visit floridablue.com/covid19 for more resources.