

# What you need to know about

# COVID-19



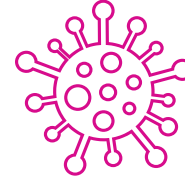
## If you have not traveled to an area where COVID-19

is prevalent or been in close contact with a traveler, and you develop respiratory symptoms, it remains likely that you have a seasonal illness like the flu rather than COVID-19.



## The steps to protect yourself

from COVID-19 are generally the same as those for the flu.



## The vast majority of people who contract COVID-19

will not require hospitalization; symptoms are often mild enough that one can recover at home.



## You only need to seek medical care

if you develop life-threatening conditions like severe shortness of breath, changes in mental status, severe dehydration, or other complications.

> **Contact your provider for more advice and call ahead if you plan to seek medical care.**

