



COVID-19: Your guide to staying informed and supported

As we continue to learn more about the new coronavirus (COVID-19) and officials work to address it, Regence is taking action to ensure you have access to the care you need, when you need it.

What can I do to protect myself?

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. Here are helpful tips from the CDC:

- 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.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For the latest information on precautions you can take, what to do if you have symptoms and how we're here to support you through this outbreak, go to [regence.com](https://www.regence.com). There you'll find a link to our COVID-19 information page. And if you have any questions about COVID-19 testing and treatment coverage, call the number on the back of your member ID card.



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REG-417044-20/03-OR
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