



With the novel coronavirus (COVID-19) in the news, we understand you might have concerns about your and your family's health. While the chances of contracting COVID-19 are [currently low](#), we know this is a rapidly developing situation and want to provide the most up-to-date information to help keep you safe.

We recommend that you follow the Centers for Disease Control and Prevention (CDC) [everyday guidelines](#) to prevent the spread of any respiratory illness – including COVID-19.

- Wash your hands with soap and water for at least 20 seconds.
- 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.
- The CDC does not recommend that people who are well wear a face mask. They should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others and by medical personnel.

If you or someone close to you has a fever, cough, or shortness of breath, please contact your doctor or hospital in advance and follow any procedures they have in place. You may also want to consider using virtual and home-based healthcare benefits such as NurseHelp 24/7 SM, [Teladoc](#), or [Heal™](#) to avoid spreading any illnesses.

Your health is important to us, and we will continue to keep a close watch on the trajectory of COVID-19 and provide updates via our [News Center](#). You can also visit the [CDC special coronavirus page](#) for frequent updates.

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Blue Shield of California | 601 12th Street | Oakland, CA 94607

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