



## **Coronavirus (COVID-19): Health News and Prevention Tips**

Solis Health Plans is actively monitoring the latest news and government releases concerning coronavirus disease (COVID-19). Your health, safety, and welfare in the face of the novel coronavirus (COVID-19) is our highest priority.

Our team is standing by to advise our members on the latest precautions and provide answers to any questions or concerns.

### **Here's what you need to know:**

#### **What is coronavirus, or COVID-19?**

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

#### **Who should be most concerned?**

Coronavirus is dangerous for older adults. People who have severe chronic medical conditions like heart, lung, or kidney disease seem to be at higher risk for more serious COVID-19 illness. Older people may be twice as likely to have serious COVID-19 illness.

#### **Tips to Prevent Contracting the COVID-19 Virus**

According to the latest information from the Center for Disease Control (CDC), there is currently no vaccine to prevent coronavirus. The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person, between people who are in close contact with one another (within about 6 feet), through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

#### **How to Protect Yourself**

##### **Clean your hands often.**

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

**Avoid close contact.**

Avoid close contact with people who are sick.

Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

**Sanitize the objects you and others frequently touch.**

Clean door handles, shared computer keyboards, faucets, and hand railings. The virus can live on surfaces for two to 48 hours, or longer, depending on the surface, temperature and humidity. Many common household cleaning products will kill this virus; however, white vinegar solution does not.

For a list of cleaning supplies, visit the [EPA's List of Disinfectants](#) for use against SARS-CoV-2, the virus that causes COVID-19.

**In Summary**

We invite you to stay informed by utilizing resources such as the [Center for Disease Control](#) (CDC), the [World Health Organization](#) (WHO), and [Medicare](#), or by contacting Solis Health Plans at 1-844-44-SOLIS.

Visit [our Facebook page](#) for continued updates and information on our community events including our coronavirus testing site at Amelia Earhart Park in Hialeah and our upcoming food drives.

*\*Updated by Solis Health Plans on April 15, 2020.*