



## **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.

#### **What is the Delta Variant?**

According to the CDC, the Delta variant causes more infections and spreads faster than earlier forms of the virus that causes COVID-19. It might cause more severe illness than previous strains in unvaccinated people.

- Vaccines continue to reduce a person's risk of contracting the virus that causes COVID-19, including this variant.
- Vaccines continue to be highly effective at preventing hospitalization and death, including against this variant.
- Fully vaccinated people with breakthrough infections from this variant appear to be infectious for a shorter period.

Get vaccinated and wear masks indoors in public spaces to reduce the spread of this variant.

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

The virus is known 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.

According to the latest information from the Center for Disease Control (CDC), the best way to prevent illness is to get vaccinated and avoid being exposed to this virus.

### **How to Protect Yourself**

#### **Get vaccinated.**

There are now multiple COVID-19 vaccines that are FDA approved, readily available for free, and covered by all Medicare Prescription Drug Plans (Part D). The vaccine is safe and effective in preventing severe infection, hospitalization and death from COVID-19.

#### **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.

#### **Wear a mask.**

The CDC recommends that you wear masks in indoor public settings around people who don't live in your household and when you can't stay 6 feet away from others. Masks help stop the spread of COVID-19 to others.

For more information on how to select, wear, and clean your mask, visit the CDC's [prevention page](#).

### **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**

The team at Solis Health Plans is closely following updates related to the new coronavirus (COVID-19). We are following guidance from the Centers for Disease Control ([CDC](#)), the [Florida Department of Health](#), and [Medicare](#) to ensure we have the latest information to guide our members, providers, and employees regarding COVID-19. New information will be provided on this page as it becomes available.

The Solis Team is here for you, as always, if you have questions about COVID-19 or your plan benefits and need guidance on being assessed or require treatment, please call us at [844-447-6547/TTY:711](#) for assistance.

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