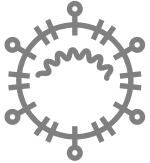


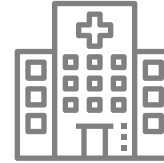
WHAT YOU NEED TO KNOW ABOUT **COVID-19**



The vast majority of people who contract COVID-19 will not require hospitalization; symptoms are often mild enough that one can recover at home.



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.



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.



The steps to protect yourself from COVID-19 are generally the same as those for the flu.

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

