

# Coronavirus (COVID-19): Update

Outbreaks of novel virus infections among people are always of public health concern, and we are committed to helping you stay informed and prepared as the situation develops.

Our medical team is available 24/7 to assist you and your family from the comfort of home if you believe you have symptoms of the virus.

Stay up-to-date by visiting: [go.memd.me/coronavirus](https://go.memd.me/coronavirus)



## Get the facts on COVID-19

### What is the Coronavirus?

Coronaviruses are a large family of viruses that are common in people and many different species of animals. The current outbreak involves a new coronavirus that causes a condition called COVID-19.

### How does COVID-19 spread?

The virus is thought to spread mainly from person-to-person. This mostly occurs when respiratory droplets from an infected person land in the mouths or noses of people who are nearby via a cough or sneeze.

### What are symptoms of the virus?

The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath

## Minimize your risk:

**Protect yourself and your community from getting and spreading respiratory illnesses like coronavirus.**

- 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.
- Wash your hands often with soap and water for at least 20 seconds.

## How is it treated?

There is no specific antiviral treatment recommended for COVID-19. People who think they may have been exposed should contact a healthcare provider immediately and seek supportive care to help relieve symptoms. Depending on the severity of your case, **you can be treated at home for this infection at this time using MeMD.**

## We're here to help

Connect with a MeMD medical provider 24/7 if you're concerned that you or a family member is exhibiting symptoms of COVID-19.

**To request a visit, call us toll free: 855.636.3669**