Coping With Coronavirus: Resources for You and Your Family

We recognize the challenge that the coronavirus outbreak represents to you and your family, friends, and community. That’s why the District has created a web page to help you stay informed. Visit the site often and use the resources listed here to help you stay both physically and emotionally healthy.

CDC Coronavirus Public Page

Review the health and safety tips and information issued by the Centers for Disease Control and Prevention at cdc.gov/coronavirus/2019-ncov.

Humana

1. Visit humana.com/coronavirus to learn more about COVID-19, how to assess your risk, and what Humana is doing to help support members. The site includes a symptom assessment tool you can use if you think you may have been exposed to the COVID-19 virus or if you’re experiencing symptoms.

2. To help members for a limited time, Humana is:
   - Waiving out-of-pocket costs for the following services:
     - COVID-19 testing at LabCorp and Quest Diagnostics locations for symptomatic patients who meet the CDC guidelines for testing.
     - Telemedicine for all urgent care needs for the next 90 days through Doctor On Demand.*
     - Allowing early refills on prescription medicines so members can prepare for extended supply needs (an extra 30- or 90-day supply, as appropriate). Humana Pharmacy is diligently monitoring medicine supplies to maintain adequate stock.
     - Operating a member-support line to address specific questions related to the coronavirus and their coverage. Call the toll-free customer support line, found on the back of your member ID card, to be connected.

Enrolled in the High Deductible Health Plan? The IRS is allowing these plans to cover COVID-19 testing and urgent care telemedicine calls at 100% without having to meet the deductible. Visit the IRS website to learn more.

Resources for Living

Listening to 24-hour news may make it seem like the sky is falling, but it’s not. If you need a dose of calm, rational conversation, or help cutting through the chaos, call 855-327-6463 (TTY: 711) 24/7 for help coping with the unknown, whether it’s the coronavirus or any other stressor.

Log in to resourcesforliving.com (username: SCHOOLEAP • password: 8553276463) if you are wondering what you can do to protect yourself and the people you care about. Note that you can also link directly to these resources without logging in:

- A recorded webinar that can shed some light and provide tips to help you keep calm
- A list of resources
- Read about coping with coronavirus fears

* Doctor On Demand gives you virtual access to a licensed physician 24/7 via your mobile device or computer.

The doctor can treat minor illnesses like colds, sinus infections, allergies, and other non-emergency medical conditions, and send a prescription to your pharmacy if needed.
THE CORONAVIRUS: What you can do

REMEMBER TO KEEP: AWARE OF SYMPTOMS • CLEAN HANDS • HEALTHY DISTANCES

KEEP AWARE
The new coronavirus disease 2019 (COVID-19) is a mild to severe respiratory illness with symptoms, such as:

- Coughing or sneezing
- Fever
- Difficulty breathing

The main way COVID-19 spreads is from close person-to-person contact. This happens from:

- Within a 6-ft. distance
- Respiratory droplets
- Contaminated surfaces

If you are experiencing symptoms and feel ill, be sure to see your primary care doctor.


KEEP CLEAN HANDS
Wash your hands often. The best way to do so is:

1. Wet with clean running water and apply soap
2. Lather on backs of hands, between fingers and under nails
3. Rub hands for 20 sec (length of “Happy Birthday” 2x)
4. Rinse hands well under clean, running water
5. Dry hands using a clean towel, or by air drying them

USE HAND SANITIZER WHEN THERE IS NO SOAP AND WATER
Remember that sanitizers do not get rid of all types of germs, especially with things like dirt or grease particles.

KEEP HEALTHY DISTANCES
Avoid touching your eyes, nose and mouth
Cover your mouth and nose when you cough or sneeze
Place used tissues in a waste basket
If you don’t have a tissue, cough or sneeze into your upper sleeve, not your hand
Clean and disinfect using cleaning sprays or wipes
Wear a facemask if you are showing symptoms or caring for someone who is sick
Avoid shaking hands and close personal contact with others
Stay home when you are sick