



# COVID-19 and You

COVID-19 continues to rage around the world, and Texas is a hotspot. More than one million cases have been documented in the state. While we wait for vaccinations to be broadly available, there are ways you can keep yourself, your loved ones, and your community safe.

## What can you do to protect yourself?

While vaccinations have begun, it will likely be a while before they're available to everyone. The best way to stay healthy right now is to avoid exposure to the virus. The Centers for Disease Control and Prevention's (CDC) recommendations include:

- **Wearing a mask** over your nose and mouth when you're in public or anywhere you'll be around other people.
- **Avoiding close contact** with people who are sick.
- **Don't touch** your eyes, nose, or mouth.
- **Staying home** when you're sick.
- **Covering your cough or sneeze** with a tissue, then throw the tissue in the trash.
- **Cleaning and disinfecting** frequently touched objects and surfaces.
- **Washing your hands** often with soap and water for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer with at least 60% alcohol.



\* Centers for Disease Control and Prevention: Coronavirus Disease 2019 (COVID19) [cdc.gov/coronavirus/2019-ncov/index.html](https://cdc.gov/coronavirus/2019-ncov/index.html)

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## What are the symptoms of COVID-19?

- Fever or chills
- Dry cough
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

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**Some symptoms of COVID-19 mimic the flu or other respiratory illnesses, so it's essential to seek medical help if you're feeling ill.**

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Please call your primary care provider or use [TRS Virtual Health](#) instead of going to the emergency room. These options will save you time and money and limit your exposure to others.

## All TRS health plans will continue to cover COVID-19-related testing, telemedicine, and hospital stays into early 2021.

Be sure to stay in network. You can call a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week, if you need help finding an in-network provider.

You can also call the 24/7 Nurseline at **1-833-968-1770**, anytime, day or night, to see if you should be tested or get another type of care. Be sure to tell your provider if you've recently been in close contact with someone who tested positive for COVID-19.



If you're experiencing any of these more severe symptoms, the CDC recommends you get emergency medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake up or stay awake
- Bluish lips or face

## For More Information

[The CDC](#) is an excellent resource for up-to-date information about COVID-19. It explains the differences between types of tests and details about how and when to quarantine. You can also find data on cases in Texas [here](#).

To stay up-to-date on COVID-19 coverage, check out the [TRS COVID-19 coverage webpage](#).