



HAMASPIK CHOICE

58 Rt. 59 Suite #1 • Monsey, NY 10952 • Toll Free: 1855-55-CHOICE
www.hamaspikchoice.org • info@hamaspikchoice.org

IMPORTANT INFORMATION ABOUT CORONAVIRUS

Dear Member:

As you have probably seen in the news, there is a great deal of concern about the new Coronavirus that has been infecting people in many countries, including in the United States and here in the New York metropolitan area. We want to provide you with some information about this illness and your benefits in Hamaspik Choice.

The symptoms of Coronavirus (also known as COVID-19) are similar to the flu. They include fever, coughing and shortness of breath. Like the flu, the risks are often more serious in an elderly person or a person with a weak immune system. It appears to mainly be spread through close person-to-person contact. There is no vaccine for this illness, so it is important to take common sense steps to try to prevent becoming ill.

Please remember to use the same precautions as we would during any flu season including:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, after blowing your nose, coughing or sneezing.
- If soap and water is not available, then use an alcohol-based sanitizer.
- Avoid touching your eyes, nose and mouth.
- Be sure to cover your cough or sneeze with a tissue and then throw into the trash immediately.

There has been much speculation regarding the use of face masks. Rest assured, the CDC does not recommend face masks for the general public; it is more appropriate for hospital staff taking care of potential or confirmed coronavirus cases.

If you do not feel well and have the kinds of symptoms described above, please stay home and avoid contact with others. We encourage you to make an appointment to see your doctor. Your Care Manager or our Member Services staff can help you if you need assistance. We can also provide transportation to and from your appointment. Please be sure to call at least 2 days in advance when arranging for your transportation.

The CDC has published more information about Coronavirus on its website, which includes an up-to-date FAQ section. Please click here for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#basics>