

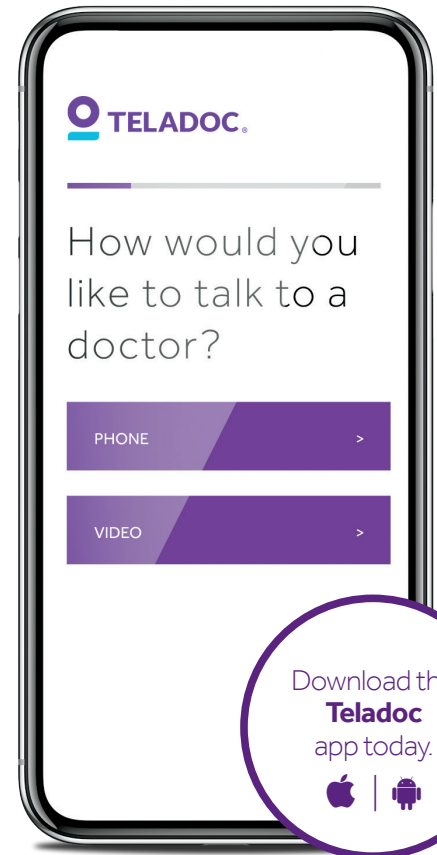
# Protect yourself and your family from COVID-19



COVID-19 is a respiratory illness caused by a coronavirus that was first identified in China. It is contagious and includes symptoms like fever, cough, and shortness of breath. U.S. health officials have advised that Americans should be prepared for significant disruption due to the COVID-19 outbreak.

- 1 Keep it clean**  
Clean your hands with soap and water for 20 seconds after being in public areas, and if you're around someone who isn't feeling well. Also, clean frequently touched objects.
- 2 Avoid contact with sick people**  
Avoid close contact with people who are sick and avoid traveling to locations where there are outbreaks of the coronavirus. And if you get sick, stay home to avoid spreading the virus to others.
- 3 Contact Teladoc**  
Teladoc doctors can answer questions about the disease, evaluate your risk, and provide support by a phone or video call to help relieve symptoms for affected patients, addressing both physical and mental health needs.

Last updated: March 4, 2020



## Talk to a doctor 24/7 for free

Call 1-800-TELADOC (835-2362) | Visit [Teladoc.com/coronavirus](https://www.teladoc.com/coronavirus)

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# Coronavirus (COVID-19)

## Frequently Asked Questions

Last updated: March 4, 2020

### What is coronavirus (COVID-19)?

COVID-19 is a respiratory illness caused by a coronavirus that was first identified in China.

### What are the symptoms?

The most common symptoms are fever, cough, and shortness of breath, but occasionally symptoms are more severe. Symptoms typically appear within two to 14 days after exposure.

### How is COVID-19 spread?

The virus is airborne and spreads from person to person through coughing and sneezing. You may be at greater risk if you have recently lived in or traveled to regions where there are current outbreaks or if you come into contact with someone who has the virus.

### How do I protect myself and my family?

Basic measures to stay healthy include washing your hands frequently, for at least 20 seconds, maintaining social distance, and avoid touching eyes, nose, and mouth. Stay at home if you begin to feel unwell, even with mild symptoms such as headache and slightly runny nose, until you recover. If you have fever, cough,

and difficulty breathing, seek medical care. Call ahead before you go to a doctor's office or emergency room.

### What is the current risk in the U.S.?

U.S. health officials have advised that Americans should be prepared for potential disruption due to the COVID-19 outbreak. While the risk of infection remains low, the number of cases identified internationally continues to grow, including in the U.S. It is likely that person-to-person spread will continue. Get the most up-to-date information from the CDC.

### How severe is it?

Many cases seem to be mild. But the elderly and those with pre-existing conditions (like heart and lung diseases or diabetes) are especially vulnerable.

### What should I do if I think I have COVID-19?

Seek medical care. You should call ahead before you go to a doctor's office or emergency room. Teladoc doctors can answer questions about the disease, evaluate your risk, and provide support by phone or video to help relieve symptoms for affected patients.

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