



## What You Should Know About Coronavirus (COVID-19)

For the most up-to-date information about COVID-19, also known as the coronavirus disease 2019, check the [Centers for Disease Control and Prevention website](#) and the [California Department of Public Health website](#).

### Stay Healthy

Wash your hands with soap and water often for at least 20 seconds. If soap and water are unavailable, use an alcohol-based hand sanitizer with at least 60 percent alcohol.

Avoid touching your eyes, nose, and mouth, and avoid close contact with people who are sick.

Wear a face mask only if you are showing symptoms to help prevent the spread of the disease to others.

### Common Symptoms

Eight out of 10 people exhibit no symptoms or have only minor cold symptoms. When there are symptoms of more concern, COVID-19 is usually very similar to the flu, with markers like a fever, cough, or shortness of breath. In some cases, COVID-19 can cause more severe respiratory illness.

### Concerned You're Sick?

Call your doctor's office first if you think you've been exposed and have developed symptoms. If you don't have your provider information, call your health plan to get connected (see below for contact information).

All medically necessary screening and testing for COVID-19 is free of charge (in other words, there's zero cost-sharing). This includes emergency room, urgent care, doctor's office visits, or telehealth (if included in your plan) when the purpose of the visit is to be screened and tested for COVID-19.

If your health plan offers a telehealth option, we recommend using telehealth for assessment or treatment for any cold or cough symptoms, including concern for COVID-19 (that is, connecting with a health care provider by phone or video, rather than going in person).

Stay home if you get sick and avoid public areas and public transportation. Cover your cough or sneeze with a tissue and dispose in a lined trash can. As much as possible, separate yourself from other people and pets in your home. If you are sick and you must leave home, wear a face mask.



## Health Insurance Company Contact Information

Company	Website	Phone
Anthem Blue Cross of California	<a href="http://www.anthem.com/ca">www.anthem.com/ca</a>	(855) 634-3381
Blue Shield of California	<a href="http://www.blueshieldca.com">www.blueshieldca.com</a>	(855) 836-9705
Chinese Community Health Plan	<a href="http://www.cchphealthplan.com">www.cchphealthplan.com</a>	(888) 775-7888
Health Net	<a href="http://www.myhealthnetca.com">www.myhealthnetca.com</a>	(800) 400-8987
Kaiser Permanente	<a href="http://www.kp.org">www.kp.org</a>	(800) 464-4000
L.A. Care Health Plan	<a href="http://www.lacare.org">www.lacare.org</a>	(855) 270-2327
Molina Healthcare	<a href="http://www.molinahealthcare.com">www.molinahealthcare.com</a>	(888) 858-2150
Oscar Health Plan of California	<a href="http://www.hioscar.com">www.hioscar.com</a>	(855) 672-2755
Sharp Health Plan	<a href="http://www.sharphealthplan.com">www.sharphealthplan.com</a>	(800) 359-2002
Valley Health Plan	<a href="http://www.valleyhealthplan.org">www.valleyhealthplan.org</a>	(888) 421-8444
Western Health Advantage	<a href="http://www.westernhealth.com">www.westernhealth.com</a>	(888) 563-2250