



## OLD DOMINION UNIVERSITY RESEARCH FOUNDATION

### COVID-19

During unprecedented times such as these, we recognize the importance of protecting ourselves and family members.

#### **How can I protect myself?**

The best preventative steps for any communicable disease include simple but important measures to practice as part of your daily routine, but especially during flu season:

- Get a flu shot - it is not too late.
- Wash your hands often with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer (>60% alcohol) when handwashing with soap/water is not readily available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing anything that has come in contact with saliva such as cups, eating utensils, plates, bedding, towels, and clothing whether in your living or social environments.
- Frequently clean and disinfect high-touch surfaces such as doorknobs, keyboards, phones, tables, countertops, tablets, bathroom fixtures, and television remotes using regular household cleaning spray or wipes
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Get adequate sleep and eat well-balanced meals to ensure a healthy immune system.
- Regularly wash dishes, clothes, and bedding.
- Avoid shaking hands, use fist bumps, elbow bumps, or toe taps for greetings.
- Additional information is available from the [CDC](https://www.cdc.gov/).

#### **Do you have Optima Health Coverage?**

Optima continues their commitment to improving health by providing coverage to members affected by the coronavirus. In-network diagnostic testing and no-cost telehealth visits are some of the ways members can benefit from Optima support.

<https://www.optimahealth.com/members/updates/coronavirus>