Blue Cross® Blue Shield® of Arizona (BCBSAZ) is here for your health. As you’ve seen in the news, the coronavirus (“novel coronavirus”) continues to spread across the globe. This contagious virus causes the illness COVID-19, which has upper-respiratory symptoms similar to the flu. Though the vast majority of cases are mild, COVID-19 can become severe.

While there have been just two cases in Arizona, we are putting an emergency response plan in place and are working with all appropriate agencies, especially the Arizona Department of Health Services, to help prevent the spread of the coronavirus in Arizona.

We are working hard to provide you with information about the coronavirus, including symptoms of the virus, appropriate actions to take in the event of illness, and additional resources for information.

Here’s what you can do today to help stop COVID-19:

- **Most important:** Stay home when you’re sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces.
- Know the signs and symptoms of COVID-19: fever, cough, shortness of breath.
- See more tips from the Centers for Disease Control and Prevention (CDC).

Traveling?

The CDC has specific guidance for travelers.

Concerned about symptoms?

At this time, the CDC and the Maricopa County Department of Public Health recommend that anyone who develops a fever and cough or shortness of breath within 14 days after traveling to China, South Korea, Iran or Italy should call their healthcare provider.

*It’s important to call ahead and mention your recent travel before you go to the doctor’s office.* Your doctor will work with the local health department and the Arizona Department of Health Services to decide if you should be tested for COVID-19.

Stay in the know
The CDC has a wide range of COVID-19 resources you can use to protect your health, including:

- What you need to know about coronavirus disease 2019 (COVID-19)
- What to do if you are sick with coronavirus disease 2019 (COVID-19)

We're here to help
As we closely monitor the updates and review the data daily, we will continue to ensure you have the information you need. To help you get the word out to your family about prevention, we've created a flyer featuring prevention tips.

To learn more, visit azblue.com/coronavirus. Or, call the phone number on the back of your member ID card with any questions.