

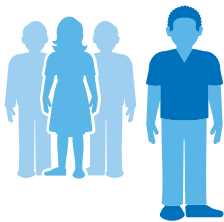


How to protect yourself from coronavirus disease 2019 (COVID-19)

Washing your hands is the best way to avoid getting sick:



- **Wash often** with soap and water for at least 20 seconds.
- **If you can't use soap and water, use an alcohol-based hand sanitizer** with at least 60% alcohol.



Avoid close contact with people who are sick.

Stay home when you are sick.



Avoid touching your face.

Cover your cough or sneeze with a tissue, and throw away the tissue.



Clean and disinfect items and surfaces you touch often with regular household cleaning spray or a wipe.

For up-to-date information, visit
www.anthem.com/vamedicaid.

Sources:

Centers for Disease Control and Prevention: *About Coronavirus Disease 2019 (COVID-19)* (accessed March 2020): [cdc.gov/coronavirus/2019-ncov/about/index.html](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html).

Centers for Disease Control and Prevention: *Frequently Asked Questions and Answers* (accessed March 2020): [cdc.gov/coronavirus/2019-ncov/faq.html](https://www.cdc.gov/coronavirus/2019-ncov/faq.html).

Centers for Disease Control and Prevention: *Handwashing* (accessed March 2020): [cdc.gov/handwashing](https://www.cdc.gov/handwashing).

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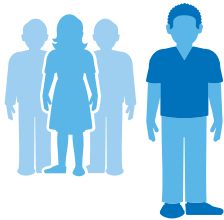


Cómo protegerse contra la enfermedad del coronavirus 2019 (COVID-19)

Lavarse las manos es la manera más adecuada de evitar enfermarse:



- Lávese las manos a menudo con jabón y agua cuando menos por 20 segundos.
- Si no puede usar jabón y agua, use un desinfectante para manos a base de alcohol que tenga cuando menos 60% de alcohol.



Evite el contacto cercano con personas que están enfermas.

Quédese en casa cuando esté enfermo.



Evite tocarse la cara.

Cúbrase la boca al toser o estornudar con un pañuelo de papel y bótelo.



Limpie y desinfecte los artículos y las superficies que toca a menudo con un rociador de limpieza regular para el hogar o un pañito húmedo.

Para obtener información actualizada, visite www.anthem.com/vamedicaid.

Fuentes:

Centers for Disease Control and Prevention: *About Coronavirus Disease 2019 (COVID-19)* (accedido en marzo de 2020): [cdc.gov/coronavirus/2019-ncov/about/index.html](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html).

Centers for Disease Control and Prevention: *Frequently Asked Questions and Answers* (accedido en marzo de 2020): [cdc.gov/coronavirus/2019-ncov/faq.html](https://www.cdc.gov/coronavirus/2019-ncov/faq.html).

Centers for Disease Control and Prevention: *Handwashing* (accedido en marzo de 2020): [cdc.gov/handwashing](https://www.cdc.gov/handwashing).