

# WUHAN CORONAVIRUS OUTBREAK

## WHAT YOU NEED TO KNOW



### WHAT IS CORONAVIRUS?

Coronaviruses are a family of viruses that cause a range of illnesses from the common cold to severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

In December 2019, a new kind of coronavirus, 2019-nCov, was identified as the cause of various cases of pneumonia in Wuhan City, Hubei Province of China. It has become a concern because the origin and the exact conditions of its spreading are still not known.

### HOW DO I RECOGNIZE IT?

The main symptoms of coronavirus resemble those of a bad cold or the flu, which can make detection difficult. They include:

- » Fever
- » Cough
- » Shortness of breath

More severe cases can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. The incubation period is believed to be around two weeks.



### KEY FACTS

- » Although 2019-nCov is in the same family as the viruses that cause MERS and SARS, it is in fact a different strain
- » As of January 23, the Chinese authorities have acknowledged 471 cases of 2019-nCov and 17 deaths across 13 Chinese provinces
- » So far, eight cases have been confirmed outside of China in Japan, South Korea, Taiwan, Thailand, and the United States



## WHAT CAN I DO TO PROTECT MYSELF?

- » 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
- » Avoid touching your eyes, nose, and mouth
- » Avoid close contact with sick people
- » Avoid visiting crowded places
- » Consider using a face mask
- » If you need to travel, make sure to follow [guidelines](#) to avoid illness while away



## WHAT DO I DO IF I THINK I HAVE THE VIRUS?

- » Cover your mouth with a tissue when you cough or sneeze or consider using a face mask
- » Remain at home if possible
- » If you show any symptoms, especially after having traveled to an affected area, **please seek medical care immediately** and mention your recent travels to your doctor

## MORE INFORMATION

For more information on the novel coronavirus please follow the below links:

- [World Health Organization](#)
- [Centres for Disease Control and Prevention](#)

## WORRIED ABOUT YOUR SYMPTOMS?

You may have 24/7 access to a doctor wherever you are with Cigna's Global Telehealth<sup>®</sup>. Contact Cigna Customer Service to confirm if you have this service available. Download the Cigna Wellbeing<sup>™</sup> App today to access.



Telehealth is not meant to be used in emergency situations. In case of an emergency, dial the local emergency number for the country you are in. Cigna Global Telehealth<sup>®</sup> is available now through the Cigna Wellbeing<sup>™</sup> App.