PHP

P A R T N E R S
H E A L T H   P L A N

COVID-19 AND YOU

WHAT IS COVID-19?

It is a new viral disease where the CO stands for "corona", the VI for "virus", the "D" for disease and the 19 for "2019" that is spreading around the world.

HOW DOES COVID-19 SPREAD?

It primarily spreads from person to person through respiratory droplets when an infected person coughs, sneezes or talks and is in close contact within less than 6 feet. If these droplets get into your mouth, nose, or eyes either directly or if droplets are on your hands and you touch these areas they can cause COVID-19.

WHAT ARE THE SYMPTOMS OF COVID-19?

- Fever or Chills
- Cough
- Shortness of breath, difficulty breathing
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and Diarrhea
- New loss of taste or smell

These symptoms may occur 2 to 14 days after exposure to the virus.

HOW CAN I AVOID GETTING COVID-19?

- In your house stay 6 feet away from anyone who is sick and if you can't wear a mask
- Outside your house social distance, which means staying 6 feet away from other people
- Outside your house always wear a mask to protect yourself and others
- Wash your hands often for at least 20 seconds (sing happy birthday twice) each time

- If soap and water are not readily available, you can use a hand sanitizer that contains at least 60% alcohol
- Always avoid touching your mouth, nose, and eyes with unwashed hands
- Clean and disinfect frequently touched surfaces such as doorknobs, light switches, tables, faucets and phones daily

TESTING FOR COVID-19

There are two kinds of tests, one for the virus and one for the antibodies from the virus

- The viral test tells you if you are currently infected with COVID
- The antibody test tells you if you have had COVID in the past. Having antibodies might give you some protection from getting infected in the future, but we don't yet know how much protection or how long the antibodies will last.
- Currently in New York State anyone can get tested if they want to whether or not they have symptoms

WHAT DO I DO IF I GET SICK?

- Call your PCP's office, do not go to the office without calling first
- Isolate yourself from people you are living with and wear a mask
- If you can't reach your PCP:

DON'T FORGET!

PHP Members have 24/7 access to Telehealth where you can speak with an Emergency Room Doctor if you start to get symptoms. In most cases this will prevent a trip to the emergency room

PARTNERS
HEALTH PLAN

COVID-19 AND YOU

WHERE CAN I FIND MORE INFORMATION?

From the CDC Website: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

For more information, visit www.phpcares.org or call (855) 747-5483/TTY 711. 7 days a week, 8:00 AM - 8:00 PM

The State of New York has created a Participant Ombudsman Program called the Independent Consumer Advocacy Network (ICAN) to provide participants free, confidential assistance on any services offered by Partners Health Plan. ICAN may be reached toll-free at 1-844-614-8800 (TTY users call 711, then follow the prompts to dial 844-6 14-8800) or online at icannys.org.

Partners Health Plan is a managed care plan that contracts with Medicare and the New York State Department of Health (Medicaid) to provide benefits to Participants through the Fully Integrated Duals Advantage for Individuals with Intellectual and Developmental Disabilities (FIDA-IDD) Demonstration.