CORONAVIRUS DISEASE 2019 (COVID-19)
#DYK - Did You Know NMCP has a COVID-19 Call Center?

**NMCP COVID-19 Call Center Information:**

This is a local resource for our service members, staff and beneficiaries at the First and Finest.

*Please call NMCP’s COVID-19 Call Center at 757-953-6200.*

This call center is staffed 24hrs a day and is available seven days a week if you have questions or concerns about your travel and/or exposure history and your symptoms.
Everyone should always take simple daily precautions to help prevent the spread of respiratory illnesses.

To learn more about prevention, see: https://bit.ly/37Ay6Cm
Practice everyday preventive actions to help keep yourself healthy, reduce exposures to COVID-19, and slow the spread of the disease. **Preventive actions include:**

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- If you are sick call ahead to your medical provider before seeking medical care.
- Cover your coughs and sneezes with a tissue.
- Clean & disinfect frequently touched surfaces and objects daily.
- Wash your hands often with soap and water for at least 20 seconds.

If you are possibly exposed to COVID-19 and told by your healthcare provider or a public health worker to stay home for 14 days, unless you need medical care, please follow their recommendation.

Could you or loved ones be at increased risk of COVID-19?

Older adults and people of any age with severe chronic medical conditions like heart, lung, or kidney disease seem to be at higher risk for more serious COVID-19 illness.

Older adults & people with severe chronic medical conditions like heart, lung, or kidney disease seem to be at higher risk for more serious COVID-19 illness. If you are at high risk of serious illness, monitor your health and know the symptoms of COVID-19. Pay attention for potential COVID-19 symptoms including:

• fever,  
• cough, and  
• shortness of breath.

If you feel like you are developing symptoms, call your doctor.

If you develop emergency warning signs:  
• difficulty breathing or shortness of breath  
• persistent pain or pressure in the chest  
• new confusion or inability to arouse  
• bluish lips or face

Get medical attention immediately!

For information on people at high risk for serious illness from COVID-19, see https://bit.ly/38ofRQc
Do I need to wear a facemask when I travel?

CDC does not recommend that people who are well wear facemasks to protect themselves from COVID-19 while traveling.

For more COVID-19 frequently asked travel questions visit: https://bit.ly/2HqjXft
If you have traveled and feel sick with fever, cough, or have difficulty breathing, you should:

- Call your doctor’s office or emergency room. Tell them about your recent travel and your symptoms.
- Avoid contact with others.

For more COVID-19 frequently asked travel questions visit: https://bit.ly/2HqjXft
The global novel coronavirus situation is rapidly evolving.

**CDC Travelers' Health** Branch has issued travel health notices for countries currently experiencing community spread of COVID-19.

CDC recommends that travelers avoid travel to countries with a level 3 travel health notice and reconsider cruise ship travel to or within Asia at this time. CDC has also posted several country-specific travel health notices for COVID-2019.

For more COVID-19 frequently asked travel questions visit: https://bit.ly/2HqjXft
While local governments, businesses, schools, and healthcare facilities are preparing for the possibility of a COVID-19 outbreak in your community, you can too.

Develop a plan for home-based actions. Choose a room in your home that can be used to separate sick household members from those who are healthy.

Get more information about creating a household plan of action: https://bit.ly/2TrXBRE
Plan for potential changes at your workplace due to a COVID-19 outbreak in your community.

Learn about your employer’s emergency operations plan and discuss sick-leave policies and telework options.

Get more information: https://bit.ly/2TrXBRE
Be prepared if your child’s school or childcare facility is temporarily dismissed due to a COVID-19 outbreak in your community.

Learn about the emergency operations plan at your child’s school or childcare facility.

Get more information: https://bit.ly/2TrXBRE
Parents: Did you know that handwashing can help prevent 1 in 5 respiratory illnesses and 1 in 3 diarrheal illnesses?

Teach your kids to make handwashing a healthy habit wherever they go!

https://go.usa.gov/xV9Td
Don’t forget about the Flu!

Get Your Flu Vaccine!

CDC estimates that between Oct. 1 and Feb. 22, there were at least 32 million illnesses, 310,000 hospitalizations and 18,000 deaths caused by flu.

Learn more about the burden of flu: https://bit.ly/2AJe9L4
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