

Protect Yourself and Others from COVID-19 and Respiratory Illnesses

As the CDC and Hawaii State Department of Health continue their investigation and response to the respiratory disease outbreak caused by the coronavirus (COVID-19), infections have been detected in a growing number of locations including Hawaii. The best way to avoid exposure to COVID-19 and other respiratory illnesses is to follow these preventive guidelines.

- Avoid close contact with individuals who are sick.
- Stay home when you're sick, except for seeking medical care.
- Avoid touching your eyes, nose, and mouth.
- Use and dispose of a tissue when coughing or sneezing.
- Disinfect frequently touched objects.
- Wash your hands frequently and thoroughly.
- Follow the CDC's recommendations for using a facemask.

Symptoms, which may appear 2 to 14 days after exposure, include shortness of breath, fever, and cough. Outcomes range from mild illness to death.

Getting your workplace ready for #COVID19

- Keep workplaces clean and hygienic
- Promote regular and thorough handwashing
- Promote good respiratory hygiene
- Consult national travel advice before going on business travel
- Advise those who are sick to stay home

#Coronavirus
World Health Organization

Coverage for COVID-19 Testing and Treatment

- HMAA members experiencing symptoms related to COVID-19 or other respiratory illnesses should seek medical care from a participating provider. The costs of medically necessary testing and treatment of a diagnosis will be covered in accordance with HMAA plan benefits.
- Members who are unable to visit their regular doctor or want to avoid being exposed to other individuals may use our free HiDoc service for 24/7 access to a physician by phone or online. Find out more at hmaa.com/telemedicine.
- COVID-19 immunizations will be covered when they become available.
- HMAA is vigilantly working on implementing necessary measures to protect the health of our members.

What You Should Know About Testing for COVID-19

Know the symptoms	Know when to seek help	Know questions your health care provider may ask you
<p>The main symptoms of COVID-19 are:</p> <ul style="list-style-type: none">• Cough• Fever• Shortness of breath	<p>Not everyone who is sick needs to be tested.</p> <p>Your local health department or health care provider can help you:</p> <ul style="list-style-type: none">• Decide if you need an appointment, and• Plan to enter a clinic in a way that avoids possibly infecting others, if you do go in. <p>If you need urgent medical care, dial 911.</p>	<p>? What are your symptoms?</p> <p>? Have you traveled to places where COVID-19 is present?</p> <p>? Did you have contact with someone who has traveled where COVID-19 is present?</p> <p>? Have you been in contact with someone who has a confirmed case of COVID-19?</p>

Learn about COVID-19 prevention and treatment at cdc.gov/coronavirus/2019-ncov. To learn about proper handwashing, visit www.cdc.gov/handwashing.

This notice was last updated on March 11, 2020.