



Live Well, Work Well

Employee Health Benefits Bulletin

April 2020

Perth Amboy Public Schools

COVID-19: Coronavirus

Timely Tip: Clean hands are important when fighting germs. Dirty hands spread disease. The best hand-washing technique? Watch this short [video](#) from the Centers for Disease Control (CDC).

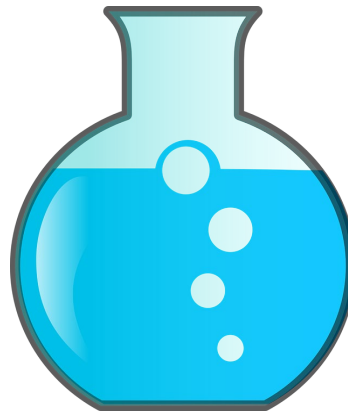
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According to the Centers for Disease Control and Prevention (CDC), coronaviruses are common in animal species and most don't affect humans. As of now, only seven different coronaviruses are known to infect humans. Most people will be infected with at least one common human coronavirus in their lifetime.

Symptoms Common coronaviruses typically cause mild to moderate upper-respiratory tract illness, and those affected exhibit cold-like symptoms like headache, cough, fever, and shortness of breath. Some cases can be more severe, causing lower-respiratory tract illnesses like bronchitis or pneumonia. For the elderly, infants, and those with weakened immune systems, illness is even more dangerous.

Diagnosis If you're exhibiting symptoms, contact your doctor or *Aetna Teladoc* at (800) 835-2362

or [aetna.com](#), especially if you've recently traveled to countries with outbreaks. Visit [aetna.com](#) to learn how Aetna is supporting members at this time.



Prevention Most common cases of coronavirus occur in the fall and winter but

can happen at any time. Unfortunately, there is not a vaccine that can protect you from human coronavirus infection. Because the virus is believed to be spread through person-to-person contact, the CDC advises the following:

- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with those who are sick
- Wash hands often, using soap and water
- Disinfect frequently touched surfaces and objects (e.g., doorknobs, phones)

Be Informed See the attached flyers and visit [aetna.com](#) or [cdc.gov](#) to learn more.

National Health Observances

April

National Minority Health Month

U.S. Department of Health and Human Services

minorityhealth.hhs.gov

National Autism Awareness Month

Autism Society

autism-society.org

May

Skin Cancer Prevention Month

American Academy of Dermatology

aad.org

Arthritis Awareness Month

Arthritis Foundation

arthritis.org

Food Allergy Action Month

Food Allergy Research & Education

foodallergy.org

Bottled Bacteria

When is the last time you properly cleaned your reusable water bottle? Because bacteria thrive in a moist environment, your water bottle is the ideal breeding ground. Clean your water bottle, cap, and straw at the end of each day to avoid illness:

- Use the dishwasher: if your water bottle is dishwasher safe, totally disassemble and run through the dishwasher at the hottest wash / dry cycle. Be sure the bottle is completely dry before using.
- Wash with soap and water: you can effectively wash your reusable bottle by hand with hot water and soap. Dry with a paper towel or clean cloth to avoid new bacteria.



- Use hydrogen peroxide: this is a good option if you haven't washed your bottle recently. First, clean with hot water and soap; then pour ¼ cup of 3% hydrogen peroxide in the bottle, replace the lid, and shake. Rinse well and dry with paper towel or clean cloth.



Healthy Recipe

Quick Skillet Lasagna

Ingredients

- 1-1/2 c. chopped onion
- 1/2 lb. ground beef (90% lean)
- 1 14.5 oz. can tomatoes
- 3/4 c. tomato paste
- 1-1/2 c. water
- 1 tsp. garlic powder
- 2 c. egg noodles (cooked)
- 3/4 c. low-fat cottage cheese
- 1/4 c. Parmesan cheese

Directions

1. Brown beef and onion in frying pan; drain off excess fat.
2. Add tomatoes, tomato paste, water, and garlic powder to beef mixture.
3. Bring to a boil and simmer until sauce is thick, about 25 minutes.
4. Add noodles to the beef mixture; stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the pan.
6. Cover and heat over low heat about 5 minutes. Serve.

Makes: 6 servings



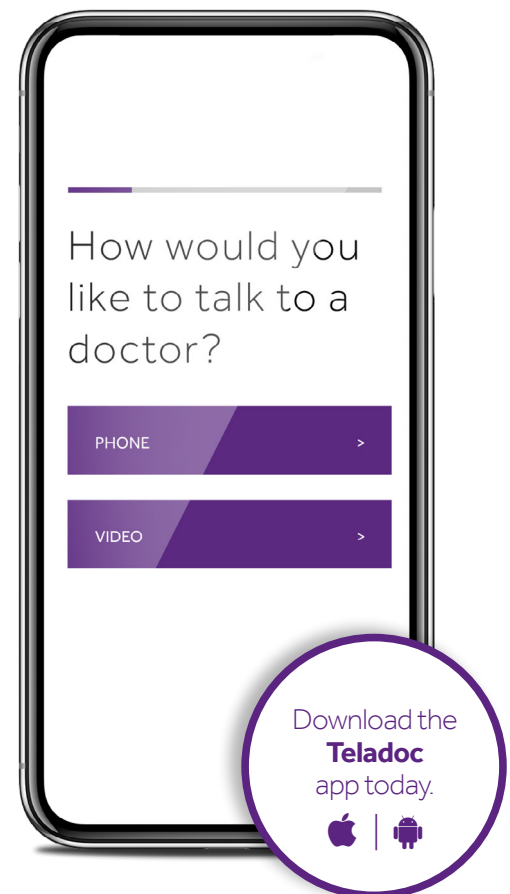
What you need to know about **coronavirus**

made available through



Coronavirus (2019-nCoV) is a respiratory illness caused by a virus that was first identified in China. It is highly contagious and includes symptoms like fever, cough, and shortness of breath. The risk in the U.S. is currently low, but knowing how to protect yourself is key. Here are three tips:

- 1 Keep it clean**
Clean your hands with soap and water for 20 seconds after touching surfaces in public areas, and especially if you are around someone who isn't feeling well. Also, clean and disinfect frequently touched objects.
- 2 Avoid contact with sick people**
Avoid close contact with people who are sick and avoid traveling to locations where there are outbreaks of the coronavirus. And if you get sick, stay home to avoid spreading the virus to others.
- 3 Contact Teladoc**
There is no cure for coronavirus, but if you have symptoms of the virus, contact Teladoc and our doctors can evaluate your risk and help with next steps when necessary.



Talk to a doctor 24/7

Visit Teladoc.com/Aetna | Call 1-800-835-2362

Download the app



Coronavirus

Frequently Asked Questions

What is coronavirus?

Coronavirus (2019-nCoV) is a respiratory illness caused by a virus that was first identified in China and it is highly contagious. The virus can be similar to the common cold, but some cases are more severe and could potentially be life-threatening.

What are the symptoms?

The most common symptoms are fever, cough, and shortness of breath, but occasionally symptoms are more severe. If you develop these or any flu-like symptoms, contact Teladoc to talk about your symptoms, travel history, and recent contact with anyone who may be infected with the virus.

What is the current risk in the U.S.?

While the risk outside China is currently low, additional cases have been identified in a growing number of other international locations, including the U.S. It is likely that person-to-person spread will continue, so more cases are expected to be identified.

How is coronavirus spread?

The virus can spread from person to person primarily through coughing and sneezing. Washing hands, cleaning commonly touched surfaces, and avoiding sick people are the best ways to prevent the illness from spreading.

How do I know if I'm at risk of contracting coronavirus?

You may be at greater risk if you have recently traveled to regions where there are currently outbreaks of the virus or if you come into contact with someone who has the virus. Symptoms typically appear within 2 to 14 days after exposure.

Is there a vaccine?

There is no vaccine for coronavirus at this time.

What should I do if I think I have coronavirus?

Because it is a virus, there is no cure, but Teladoc doctors can evaluate your risk and help with next steps when necessary. If it is determined that you have a different virus, our doctors can provide support to help relieve your symptoms.

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