Understanding the Novel
Coronavirus (COVID-19)

What is COVID-19?

COVID-19, a novel (new strain) coronavirus, is an illness that affects your breathing and lungs. In most cases, symptoms are similar to the flu. In more serious cases, it can cause pneumonia and other severe respiratory problems.

What are the symptoms?

COVID-19 symptoms are similar to the flu, including:

- Fever
- Cough
- Shortness of breath and breathing difficulties

How does it spread?

- From person to person within close contact (6 feet or less)
- Mainly through coughing and sneezing
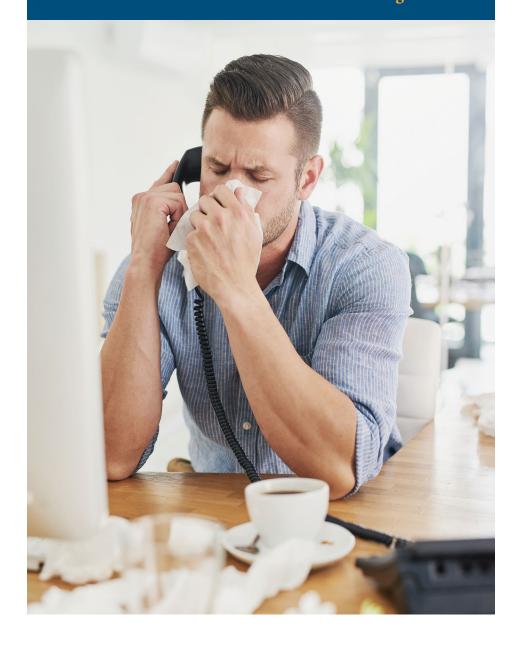- Touching an infected surface or object and then touching your mouth, nose, eyes, or ears

Prevention Tips

- Wash your hands often with soap and water for **at least 20 seconds**. If soap and water are not readily available, use an alcohol-based hand sanitizer.
- Avoid touching your mouth, nose, eyes, or ears with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cough or sneeze into your elbow or use a tissue to cover your mouth, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

For more information, visit the Center for Disease Control and Prevention (CDC)'s website: **cdc.gov/coronavirus.**

If you think you have symptoms of COVID-19:

Contact the Southern Nevada Health District immediately: **702-759-1300** or **southernnevadahealthdistrict.org**

Resources

Teamsters Local 14 also provides these resources to assist you and your family:

- **Family Wellness Center: Call the Center for an appointment, including to get a flu shot or a wellness checkup, and to discuss symptoms and ask questions. Please *do not* go to a Center without calling and getting guidance from the Center's staff.**
  - Henderson Center: 702-728-5806
  - Northwest Las Vegas Center: 702-844-8143

- **Employee Assistance Program (EAP):** No-cost, confidential help with emotional support, stress management, and more. Call 702-251-8000

- **Telemedicine:** Secure video chat to assess basic level of symptoms and provide guidance through treatment.
  - PPO Plan: LiveHealth Online; 888-548-3432
  - HMO Plan: NowClinic; 877-550-1515

- PPO Plan members:
  - DispatchHealth: On-demand urgent care services with board-certified providers. Call 702-848-4443

- HMO Plan members:
  - HPN symptom checker: **myhpnonline.com.**
  - 24/7 Nurse Hotline: 800-288-2264

Learn about these benefits and more at **teamsters14benefits.com.**