With the novel coronavirus (COVID-19) in the news, we understand you might have concerns about your and your family's health. While the chances of contracting COVID-19 are currently low, we know this is a rapidly developing situation and want to provide the most up-to-date information to help keep you safe.

We recommend that you follow the Centers for Disease Control and Prevention (CDC) everyday guidelines to prevent the spread of any respiratory illness – including COVID-19.

- Wash your hands with soap and water for at least 20 seconds.

- Avoid close contact with people who are sick.

- Avoid touching your eyes, nose, and mouth.

- Stay home when you are sick.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

- The CDC does not recommend that people who are well wear a face mask. They should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others and by medical personnel.

If you or someone close to you has a fever, cough, or shortness of breath, please contact your doctor or hospital in advance and follow any procedures they have in place. You may also want to consider using virtual and home-based healthcare benefits such as NurseHelp 24/7 ℠, Teladoc, or Heal™ to avoid spreading any illnesses.

Your health is important to us, and we will continue to keep a close watch on the trajectory of COVID-19 and provide updates via our News Center. You can also visit the CDC special coronavirus page for frequent updates.