



## **COVID-19 Molina Healthcare Member Information**

### **General Questions**

#### **What is COVID-19?**

COVID-19 is a new strain of virus (coronavirus), which began in Wuhan City, China. The name COVID-19, is short for “coronavirus disease 2019.” This virus causes a lung illness, and has infected thousands of people worldwide. Organizations (CDC and WHO) are actively monitoring the outbreak of this new coronavirus strain. (Visit the CDC’s Traveler’s Health website for travel notices and advisories).

#### **What are the symptoms of COVID-19?**

Common signs of infection include fever, cough, and lung symptoms such as shortness of breath and breathing difficulties. In more severe cases, this virus can cause infection in the lungs (pneumonia), severe lung problems (acute respiratory distress syndrome), kidney failure, and even death.

People with heart and lung disease or weakened immune systems, as well as infants and older adults, are at higher risk for more severe problems from this illness.

#### **How is COVID-19 spread?**

It is thought to be spread by little fluid droplets from an infected person’s lungs to others through:

- the air by coughing and sneezing.
- close personal contact such as touching or shaking hands.

### **Protecting Yourself**

#### **How can you help protect yourself or others from COVID-19?**

Although there are no vaccines available to protect against this virus, you may be able to reduce your risk of infection by:

- washing your hands often.
- avoiding touching your eyes, nose, or mouth with unwashed hands.
- avoiding close contact with people who are sick.

If you have cold-like symptoms, contact your employer to see if they want you to remain at home while you are sick.

If you share a work station or equipment with others, consider wiping it down with disinfectant wipes after use.

#### **What should you do if you suspect you or someone else has COVID-19?**

Most people with this illness will recover on their own. Although there are no treatments for illnesses caused by this type of virus (human coronavirus), you can take the following actions to help relieve symptoms if you are mildly sick

- Take pain and fever medications. Ask your pharmacist how they may interact with any medications you currently take. (NOTE: The CDC and American Academy of Pediatrics (AAP) recommend not giving aspirin to children).
- Drink plenty of liquids.
- Stay home and rest.
- Use the Molina Nurse Advise Line to discuss your symptoms and treatment options.
- Consider a telemedicine visit if you are not very ill, (as long as it is a covered benefit on your plan).

If you are concerned about your symptoms, please contact your local health care provider.

### **Does getting the flu, pneumonia, or other vaccines reduce your risk of developing COVID-19?**

No, but since there is no treatment for COVID-19, getting available immunizations for other lung infections (such as flu, pneumonia and whooping cough) may be a good idea. This is important for those who have weakened immune systems or who may have a more serious illness.

### **Who should be tested for COVID-19?**

The Centers for Disease Control (CDC) recommends that anyone with symptoms of COVID-19, who is returning from a high risk place (Centers for Disease Control designated “Level 2” or “Level 3” advisory area), or who has been in contact with someone who has or may have the virus within the last 14 days, should be tested. Your provider can help decide if you should be tested.

### **How can I get COVID-19 testing?**

Patients who have concerns that they may have had contact with COVID-19 or may have symptoms of COVID-19 should contact their primary care provider to discuss whether to get tested. If you meet the rules for testing (per the CDC) then your doctor can order the test. The test will likely be nasal swabs that are then sent to a laboratory.

### **Does Molina cover testing for COVID-19?**

Yes. As long as you meet the guidelines for testing and have a doctor’s order, this testing can be done in any approved laboratory location. For now, you will not be charged a co-pay or cost share for this testing if you meet these rules.

### **What about telemedicine visits?**

Where it is a covered benefit, Molina members should consider telemedicine as an option. Such “virtual visits” may lessen the risk of exposure to other sick people in doctors’ offices.

### **What about my regular prescriptions?**

Refill timing will be relaxed to allow refills at least up to 7 days early. And Molina will allow 90-day prescription volumes when filled at CVS pharmacies.