



BlueCross BlueShield
of New Mexico

Coronavirus and What It Means



What is a coronavirus?

Coronaviruses are not new. They cause illnesses like the common cold, with symptoms like coughing and sneezing. In late 2019, a new coronavirus was discovered, COVID-19.

What can you do to keep yourself and others healthy?

According to the Centers for Disease Control (CDC) it is especially important for people at higher risk — older adults or those with underlying medical conditions — to take action now to keep from getting sick with COVID-19:

- Wash your hands often for at least 20 seconds with soap and water.
- Use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your coughs and sneezes with a tissue or your elbow (not your hands).
- Clean and sanitize doorknobs, counters, tables, and other surfaces in your home.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Avoid crowds.
- Avoid unnecessary travel.

- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
 - The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

What are the symptoms of the coronavirus?

- Fever
- Cough
- Shortness of breath

For more information

The CDC is a great resource for up-to-date information about COVID-19. Please visit www.coronavirus.gov.

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