

Protect yourself and your family from COVID-19

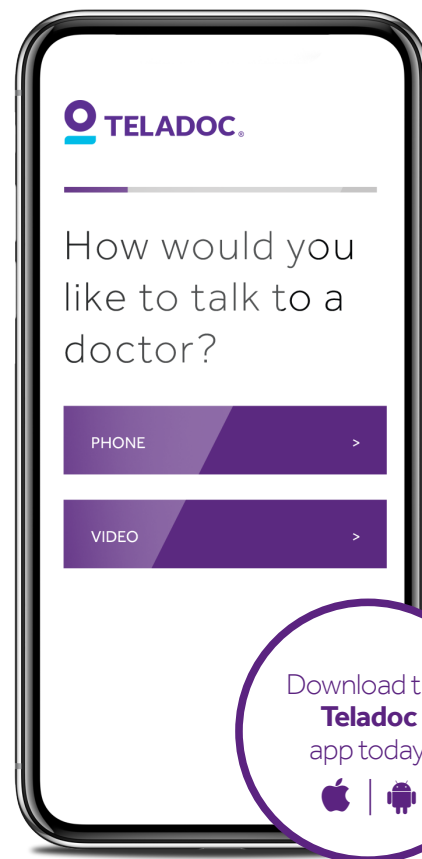


In response to COVID-19 outbreak, for a limited time, member copays will be waived for any Teladoc general medical visit by phone or video for any condition.

COVID-19 is a respiratory illness caused by a coronavirus that was first identified in China. It is contagious and includes symptoms like fever, cough, and shortness of breath. U.S. health officials have advised that Americans should be prepared for significant disruption due to the COVID-19 outbreak.

- 1 Keep it clean**
Clean your hands with soap and water for 20 seconds after being in public areas, and if you're around someone who isn't feeling well. Also, clean 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**
Teladoc doctors can answer questions about the disease, evaluate your risk, and provide support by a phone or video call to help relieve symptoms for affected patients, addressing both physical and mental health needs.

Last updated: March 12, 2020



Talk to a doctor 24/7 for \$0*

Call 1-800-TELADOC | Visit [Teladoc.com/coronavirus](https://www.teladoc.com/coronavirus)

Download the app



*To confirm if you are eligible to have your member copay waived, log in to your Teladoc account via web or app and request a visit to confirm your cost.

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Coronavirus

Frequently Asked Questions

What is coronavirus?

Coronavirus (*COVID-19*) 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.

Talk to a doctor 24/7

Call 1-800-835-2362 | Visit [Teladoc.com](https://www.teladoc.com)

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Información importante sobre el **coronavirus**



El coronavirus (*COVID-19*) es una enfermedad respiratoria causada por un virus que se identificó por primera vez en China. Es altamente contagioso e incluye síntomas, como fiebre, tos y dificultad para respirar. Actualmente, en EE. UU. el riesgo de contagio es bajo, pero saber cómo protegerse es fundamental para su prevención.

A continuación, le ofrecemos tres consejos:

- 1 Mantenga la limpieza**
Lávese las manos con agua y jabón durante 20 segundos después de tocar superficies en áreas públicas y, especialmente, si está cerca de alguien que no se siente bien. Además, limpie y desinfecte los objetos que se tocan con frecuencia.
- 2 Evite el contacto con personas enfermas**
Evite el contacto cercano con personas enfermas y evite viajar a lugares donde haya brotes del coronavirus. En el caso de que se enferme, permanezca en su casa para evitar transmitir el virus a otras personas.
- 3 Póngase en contacto con Teladoc**
No hay cura para el coronavirus, pero si presenta los síntomas del virus, póngase en contacto con Teladoc para que nuestros médicos puedan evaluar su riesgo y ayudarlo con los pasos siguientes cuando sea necesario.

Consulte a un médico las 24 horas, todos los días

Llame al 1-800-835-2362 | Visite [Teladoc.com](https://www.teladoc.com)