



# COVID-19

## Your TRS-ActiveCare Plan

### What is COVID-19?

COVID-19 is an abbreviation of the coronavirus disease discovered in 2019. Coronaviruses have been around for decades and are perhaps best known for causing illnesses like the common cold, with symptoms like coughing, sneezing and other upper respiratory issues. In late 2019, a new coronavirus was discovered.

### COVID-19: How Your TRS-ActiveCare Plan Can Help

**We're dedicated to providing benefits that help you feel secure during this challenging time.**

We'll continue to provide \$0 COVID-19 testing, telemedicine and hospital stays for all of 2020, in addition to your current TRS-ActiveCare health plan benefits.

Your COVID-19 benefits are effective through Dec. 31, 2020, and cover you before you meet your deductible or reach our maximum out-of-pocket limit.



**\$0**  
for all of 2020



Diagnostic testing for COVID-19\*



Hospital stays for COVID-19



Telemedicine through TRS-Virtual Health or any in-network provider

**If you have any questions, please call a Personal Health Guide at 1-866-355-5999 for assistance.**

**You can also find more information at [www.trs.texas.gov/covid-19](http://www.trs.texas.gov/covid-19).**

\*Only diagnostic testing is covered at \$0. Ask your provider to make sure your test is diagnostic and that you meet CDC guidelines for testing.

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## What can you do to keep yourself and others healthy?

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus.

However, as a reminder, everyday preventive actions can help stop the spread of respiratory diseases. We know that teachers and school staff will be in unique situations that require unique measures.

- Try your best to stay at least six feet away from other people.
- Take your temperature every morning. If you are running a fever, stay home.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with a cloth face cover.
- When feasible, open windows to improve the air flow of a room.
- Clean and disinfect frequently touched surfaces and objects, especially in-between classes.
- Wash and sanitize your hands often.
- Check with your school district about their protocols, resources and what additional support they offer.

## What are the symptoms of COVID-19?

People with COVID-19 can have symptoms that range from mild to severe. Symptoms may appear 2-14 days after exposure.

- fever or chills
- cough
- shortness of breath or runny nose
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or difficulty breathing
- nausea or vomiting
- diarrhea

There are other less common symptoms of COVID-19 that are being discovered. To keep up to date, visit the CDC website.

## What should you do if you think you have COVID-19?

Before you seek care, call your provider and tell them about your symptoms and any recent trips.

## For more information

The CDC is a great resource for up-to-date information about COVID-19. Please visit [www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html).