

iCare is partnering with you to make sure that you know the best ways to **STAY PROTECTED FROM COVID-19**

We want you to stay healthy. Here's what you need to know...

THE YOUNG ARE AT RISK!

More young people are being hospitalized in the United States. Young people and individuals with underlying medical conditions like heart disease, diabetes, or decreased immune system are at a very high risk. This is no joke! Don't think it can't affect you because it can. It is very important you protect yourself!

YOU CAN MAKE OTHERS SICK

Even if you don't feel sick, you can pass the virus to your parents, grandparents, and other family members who can get very ill.

These are the best ways to protect yourself and others from getting sick:

- » **Safer at home!** It's more than just words. It means staying at home for everyone's protection — and health.
- » **Wash your hands often** with soap and water for 20 seconds (sing Twinkle, Twinkle Little Star) especially after sneezing, blowing your nose, coughing or touching surfaces in public places.
- » **Avoid touching your face** with unwashed hands.
- » **Cough and sneeze into your elbow or a tissue** (throw tissue away immediately).
- » **If you need a prescription** that is due for refill — call your pharmacy to request delivery, or call iCare for more assistance on medication delivery.
- » **If you must go out, please cover your mouth and nose with a scarf, or cloth mask.**

Watch for Symptoms

Fever (100.4° or higher) • Cough • Shortness of breath

What to Do if You Have Symptoms

Stay home, **call your provider** and report your symptoms. The clinic will give you instructions.

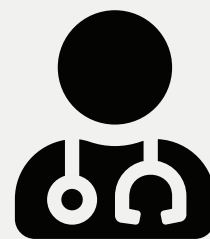
Call 911 if you have difficulty breathing, chest pain or confusion.

WHO IS AT HIGH RISK OF GETTING VERY SICK? YOU ARE! THERE IS NO CURE OR VACCINE FOR COVID-19.

Check out these great resources for more information:

- » Centers for Disease Control (CDC):
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- » Wisconsin Department of Health Services (DHS):
<https://www.dhs.wisconsin.gov/disease/covid-19.htm>

FREE NURSE LINE



The nurse line is available and ready to answer your COVID-19 questions and assess your symptoms.

**CALL 24/7:
1-800-679-9874**

How can iCare help?



Call Customer Service at 1-800-777-4376 (TTY: 711) if you:

- » Do not have a health provider.
- » Have questions about this illness and how to stay healthy.
- » Have concerns about your medications or refills.
- » Aren't sure about health information you receive.

If you would like to check your risk status, please visit:

covid.wihealthconnect.com

iCare

INDEPENDENT CARE HEALTH PLAN

ATTENTION: If you speak English, language assistance services are available to you free of charge. Call 1-800-777-4376 (TTY: 1-800-947-3529).

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas están disponibles sin cargo, llame al 1-800-777-4376 (TTY: 1-800-947-3529).

CEEB TOOM: Yog koj hais lus Hmoob, kev pab rau lwm yam lus muaj rau koj dawb xwb. Hu 1-800-777-4376 (TTY: 1-800-947-3529).

注意:如果您说中文, 您可获得免费的语言协助服务。请致电 1-800-777-4376 (TTY 文字电话: 1-800-947-3529)。

DIGTOONI: Haddii aad ku hadasho afka Soomaaliha, adeegyada caawimada luqadda waxaa lagu heli karaa iyadoo bilaash ah. Wac 1-800-777-4376 (TTY: 1-800-947-3529).

ໝາຍເຫດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານສາມາດໃຊ້ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໄດ້ ໂດຍບໍ່ເສຍຄ່າ. ໂທ 1-800-777-4376 (TTY: 1-800-947-3529).

ВНИМАНИЕ: Если Вы говорите по-русски, Вам будут бесплатно предоставлены услуги переводчика. Позвоните по номеру: 1-800-777-4376 (TTY: 1-800-947-3529).

ကျေးဇူးပြု၍ နားဆင်ပါ - သင်သည် မြန်မာစကားပြောသူဖြစ်ပါက၊ သင့်အတွက် အခမဲ့ဖြင့် ဘာသာစကားကူညီရေး ဝန်ဆောင်မှုများ ရရှိနိုင်သည်။ 1-800-777-4376 (TTY: 1-800-947-3529) တွင် ဖုန်းခေါ်ဆိုပါ။

PAŽNJA: Ako govorite srpsko-hrvatski imate pravo na besplatnu jezičnu pomoć. Nazovite 1-800-777-4376 (telefon za gluhe: 1-800-947-3529).

تنبيه: إذا كنتم تتحدثون العربية، تتوفر لكم مساعدة لغوية مجانية. اتصلوا بالرقم 1-800-777-4376 (هاتف نصي: 1-800-947-3529).

- Independent Care Health Plan:
- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters.
 - Written information in other formats (large print, audio, accessible electronic formats, other formats).
 - Provides free language services to people whose primary language is not English, such as:

- Qualified interpreters.
 - Information written in other languages.
- If you need these services, contact Independent Care Health Plan at 1-800-777-4376 (TTY: 1-800-947-3529).
- Independent Care Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender identity, or sex. IC240_04/09/2020