

Protect yourself and your family from COVID-19



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. Here are a few tips to stay protected and keep you and your family safe.

- 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 and surfaces.
- 2 Practice social distancing**
Social distancing is intentionally increasing the physical space (about 6 feet) between people to avoid spreading illness. You should also avoid contact with other sick people and if you get sick, stay home to avoid spreading it to others.
- 3 Contact us**
Our team can evaluate your risk, provide support, and advise on next steps for affected patients. As the coronavirus outbreak evolves, the need for our services has never been greater. As a result, you may experience extended wait times. We appreciate your patience.

Learn more about COVID-19
Visit [Teladoc.com/coronavirus](https://www.teladoc.com/coronavirus)