

Cooperative Extension,

Currently, there are no confirmed cases of the coronavirus (COVID-19) virus in Arkansas and we are in business as usual mode. We will continue to monitor the coronavirus (COVID-19) situation and communicate important information as it is obtained. Please review the information below regarding personal safety, obtaining assistance, and information available for those who plan to travel.

Practicing Personal Safety

Symptoms

The CDC lists the symptoms of COVID-19 as fever, cough, and shortness of breath, but you may have other symptoms common in respiratory illnesses, including muscle or body aches, sore throat, fatigue, and headaches.

Strategies for stopping the spread of the illness

- Stay home when you are sick.
- Cough or sneeze into your elbow or sleeve. When you use a tissue, throw it in the trash immediately. Do not use a handkerchief.
- Clean and disinfect frequently touched objects and surfaces.
- Do not share food, drinks, vaping devices or anything that can spread the virus to others.
- Try to get sufficient sleep, exercise regularly, drink plenty of fluids, and eat nutritious foods.
- Keep your hands clean and wash them frequently with soap and water. Carry alcohol-based hand sanitizer and use it when you cannot wash your hands.
- Avoid touching your eyes, nose and mouth.
- Do not share cups, straws, or anything else you put in your mouth (especially vaping devices).
- Avoid close contact with people who are sick.
- Disinfect surfaces that can be contaminated such as desks, phones, doorknobs, keyboards, etc.
- If you have traveled outside of Arkansas within the past 14 days or have been around anyone diagnosed with coronavirus and are experiencing these symptoms, **contact your health care provider.**

The CDC does not recommend the general public wear masks.

Arkansas Department of Health has activated a call center with epidemiologists to answer questions from health care providers and the public about COVID-19 (1.800.803.7847). [Daily updates about COVID-19 in Arkansas](#) are posted at 3 p.m. every day on the Arkansas Department of Health's website.

Obtaining Assistance

If you are feeling unwell, contact your medical provider. If you have symptoms of the coronavirus, call ahead before going to your medical provider or the emergency department.

The University of Arkansas System Health Plan (UMR) will cover testing for the coronavirus as a standard coverage preventive care item at \$0 out-of-pocket cost for our Plan members.

Beyond the Plan coverage, it must be recognized that this is a new and almost constantly changing situation:

- As with any other health care needs, concerned members should discuss any potential testing needs with their personal health care provider.
- The availability of testing kits/supplies is still limited with distribution currently managed by governmental agencies.
- All physicians' offices and health care facilities may not be prepared or supplied to conduct the testing.
- Testing may not be recommended for all individuals.
- The Plan will follow the guidelines on the populations and individuals who should be tested as those guidelines are issued and updated by the CDC and other health care authorities.
- **Again, concerned members should discuss possible testing needs with their health care provider.**

More Information

Additional information is available from the CDC for those who plan to travel, or have recently traveled to areas with COVID-19 outbreaks. This information is available at the [CDC's FAQ for travelers](#).