

COVID-19 Newsletter April 17, 2020

INTRODUCTION

As we continue to navigate through challenges during Covid-19, please know that we remain committed to your health and safety and greatly appreciate your continued support, hard work, and dedication. We will do our very best as a company to bring you resources and tools that we hope will be helpful to you and your families.

Included in this newsletter are links for the CDC face covering mandate, auto insurance, FDA program, Cigna symptom checker, and meditation and stress relief podcasts.

Covid-19: How can I help protect myself?

- Wearing a face mask when leaving home can help save lives.
- Follow instructions on the [CDC site](#) for homemade masks.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Maintain 6 feet for social distancing.

RESOURCES & LINKS

CDC Face Covering Requirement

Since it's critical we all do our part to stay safe and healthy, we would like to remind everyone that the CDC is requiring a face covering when out in public.

You can follow instructions available online from the CDC on how to make your own face mask [here](#).

Face coverings should be washed after each use.

California Auto Insurance

At this time, the California Commissioner has requested that auto insurance companies review their policies for potential refunds on premiums for March and April. Please contact your insurance company directly for questions. You can learn more [here](#).

FDA Announces Creation of COVID-19 Acceleration Program (CTAP)

The US Food and Drug Administration (FDA) is in development and review of new therapies to treat COVID-19 through a recently created special emergency program titled [Coronavirus Treatment Acceleration Program \(CTAP\)](#). The goal of CTAP is to move treatments to patients as quickly as possible while also ensuring the efficacy of such treatments. [This link](#) will provide FDA information for your review and reference.

Cigna Symptom Checker

If you have Inter-Con's insurance coverage through CIGNA, you can use their Covid-19 assessment. The [Buoy for Cigna Symptom Checker](#) is a free online tool that provides real-time, clinically accurate and advisable information to help identify your risk for COVID-19.

After answering a few questions, this online tool helps to:

- Assess the severity of your symptoms
- Guide you to a recommended next step for care, such as:
 - » Linking you to the Cigna COVID-19 Resource Center
 - » Calling your primary care physician for a virtual visit
 - » Directing you to an emergency room

Meditation & Stress Relief Podcasts

Cigna is offering free meditation and stress relief podcasts in both English and Spanish. [Listen Here](#). You **DO NOT** need to be Cigna member to access these podcasts.