

tips for when you're sick

Here's how you can protect the ones you love during the healing process.

Stay at home

Unless you're getting medical care, you should stay inside your home while you're recovering. (P.S. This is a great time for you to read about our expanded benefits for you at

[Aetna.com/coronavirus](https://www.aetna.com/coronavirus))

Separate yourself from other people

Try to stay away from people as much as you can to reduce the risk of the infection spreading. Trust us, they'll thank you later.

Cover all your bases

Coughing? Sneezing? Cover your mouth and nose with a tissue and dispose in a lined trash can. (And bless you!)

Wash your hands

Washing with soap and water for at least 20 seconds is the best way to clean your hands. Check out the Centers for Disease Control and Prevention's website at **[CDC.gov/handwashing](https://www.cdc.gov/handwashing)** for more hand-washing tips.

Wipe down any high-touch surfaces

We're talking counters, tabletops, doorknobs, toilets, phones, keyboards, tablets and remote controls.

When it's time to get some fresh air

Stay at home until you are no longer at risk of spreading the infection. Before you decide to stop home isolation, talk to your health care providers and consult your state and local health departments.

Need support?

We're here to help. Call Resources for Living® at **1-833-327-AETNA (1-833-327-2386) (TTY: 711)** for 24/7 confidential support.

[Aetna.com/coronavirus](https://www.aetna.com/coronavirus)

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