TRUST FUND
In Partnership with Alaska's Public Employees

March 13, 2020

To: Participants of the Public Employees Local 71 Health Trust
Re: COVID-19 preparation

COVID-19 is a contagious respiratory illness caused by a virus. It has affected thousands of people worldwide and is causing disruption to daily life.

## The best way to protect yourself and others is to avoid being exposed to this virus.

- **Clean your hands often**. Wash your hands with soap and water for at least 20 seconds, especially after being in a public place or after blowing your nose, coughing, or sneezing.
- **Avoid close contact with other people**.
- **Stay home if you are sick**.
- Older adults and people who have severe chronic medical conditions (like heart or lung disease or diabetes) may be at higher risk for developing more serious complications from COVID-19. Please talk with your health care provider about additional steps you may take to protect yourself.

## Your health trust has a variety of resources available to assist you.

- **You can refill your prescriptions early**. CVS/Caremark is allowing a 30-day refill for maintenance medications at any in-network pharmacy. You are encouraged to keep at least a 30-day supply of prescription medication at hand. You may also choose to use mail order to receive delivery of your medications at home.
- **No cost for COVID-19 testing**. Your health trust will waive the deductible and coinsurance for diagnostic testing related to COVID-19.

## If you feel sick – stay home unless it is an emergency.

- **If you feel sick, you can talk to a Teladoc doctor without leaving your home, at no cost**. Call 1-800-TEL-ADOC (835-2362) or go to www.teladoc.com
- **The Coalition Health Center can help**. If you have respiratory symptoms, please call the clinic before coming in. Coalition Health Center team members will do a pre-screening related to travel, exposure and symptoms and determine your care plan. Based on the answers to the screening questions you will be advised to stay home and self-isolate or come into the clinic for evaluation and possible testing. Anyone presenting for medical services with respiratory symptoms will be required to wear a mask and gloves at minimum. This approach will allow us to protect you, other patients in the waiting areas and the medical team. In Anchorage, call 907-264-1370. In Fairbanks, call 907-450-3300.
- **Alaska Regional Hospital is fully prepared to meet the needs of its patients**. If you have question about COVID-19, you may call the Alaska 2-1-1 hotline (800-478-2221 if you live in an area without the 2-1-1 line). If you are seriously ill, go to the emergency department. If you have a cough, fever, or shortness of breath, you will be asked to wear a mask immediately upon arrival.

TRUSTEES: Jordan Adams, Chairman • William Meers •Eric Canady • Kristina Roche • Desiree Wilson