

COVID-19: Prevention & Treatment

PREVENTION

There is currently no vaccine to prevent the spread of COVID-19. To prevent illness, avoid exposure to the virus and practice everyday preventive actions as you would for any other respiratory illness like the cold or the flu.



Avoid close contact with others who are sick



Don't touch your eyes, nose, and mouth



Sick? Stay home!



Cough or sneeze into a tissue, then throw it away!



Disinfect things you use often



Follow CDC's recommendations for using a facemask



Wash your hands often for at least 20 seconds. If soap and water are unavailable, use an alcohol-based hand sanitizer (containing at least 60% alcohol)

TREATMENT

There is no specific treatment for COVID-19. If you feel you or a loved one may be exposed, call your health care provider or contact the Military Health System Nurse Advice Line.

To chat online visit: <https://mhsnurseadvice.com> or call 1-800-TRICARE