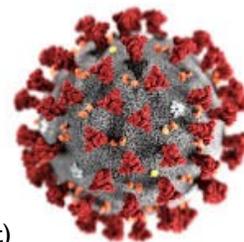


Louisiana Healthy Self Campaign Newsletter

COVID-19 Updates



What is COVID-19?

According to the **Centers for Disease Control and Prevention (CDC)**, COVID-19 is an **acute respiratory illness** caused by a new form of a **coronavirus**, of which there are many. It is thought to spread mainly from **person-to-person** between those in **close contact** (within about 6 feet) through **droplets** produced when an **infected person coughs or sneezes**. These droplets can land in the mouths or noses of people who are nearby or possibly be **inhaled into the lungs**. People are thought to be **most contagious** when they are sickest; however, **some spread** might be possible **before people show symptoms**. It may be possible that a person can get COVID-19 **by touching a surface or object** that has the virus on it and then touching his or her own mouth, nose, or possibly eyes. While this **is not thought to be the main way the virus spreads**, the virus can live on certain surfaces for up to 3 days.

When is it safe to leave self-isolation?

The CDC has also issued guidelines for those who have been **self-isolating** and have **recovered** from the virus. Those **with COVID-19** who have self-isolated can **stop home isolation** under the **following conditions**:

If you will not have a test to determine if you are **still contagious**, you can **leave home** after **3 things** have happened:

1. you have had **no fever** for **at least 72 hours - 3 full days** of **no fever** **without** the use of medicine that reduces fever, **AND**
2. other **symptoms** have **improved**, for example: when your **cough and shortness** of breath have **improved**, **AND**
3. **at least 7 days** have passed since your **symptoms first appeared**.

If you will be tested to determine if you are **still contagious**, you can **leave home** after **3 things** have happened:

1. you have had **no fever** for **at least 72 hours - 3 full days** of **no fever** **without** the use of medicine that reduces fever, **AND**
2. other **symptoms** have **improved**, for example: when your **cough and shortness** of breath have **improved**, **AND**
3. you received **two negative tests in a row, 24 hours apart**.

For more information on COVID-19, **visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)**.

Does my Marketplace health insurance cover COVID-19 treatment?

Qualified health plans **include coverage** for the diagnosis and treatment of **COVID-19** as an **Essential Health Benefit**. If you are in **isolation or quarantine in a hospital**, Essential Health Benefits cover **medically necessary hospitalizations**.

Quarantine **outside of a hospital setting**, such as a home, is **not** a medical benefit; however, **benefits used in the home**, such as telemedicine, **may be covered** as Essential Health Benefits but **may be subject to limitations**.

A COVID-19 **vaccine does not currently exist**; however, current regulations require **specific vaccines** to be covered as **Essential Health Benefits**, even **before** meeting any **deductible**. Once a vaccine is developed, plans are **not immediately required to cover** the vaccine; however, plans may **voluntarily choose to cover a vaccine** for COVID-19 **prior** to becoming required to do so.

If you have questions about updates to the Marketplace or if you have **lost your health insurance coverage** due to job loss or change in personal circumstances, you **may be eligible for Medicaid or** affordable health insurance coverage through the **Marketplace**. **Navigators** are here to provide consumers **free, confidential assistance** in understanding and enrolling in **Marketplace coverage**. To contact your local area Navigator, dial **1-800-435-2432**.

Navigators for a Healthy Louisiana

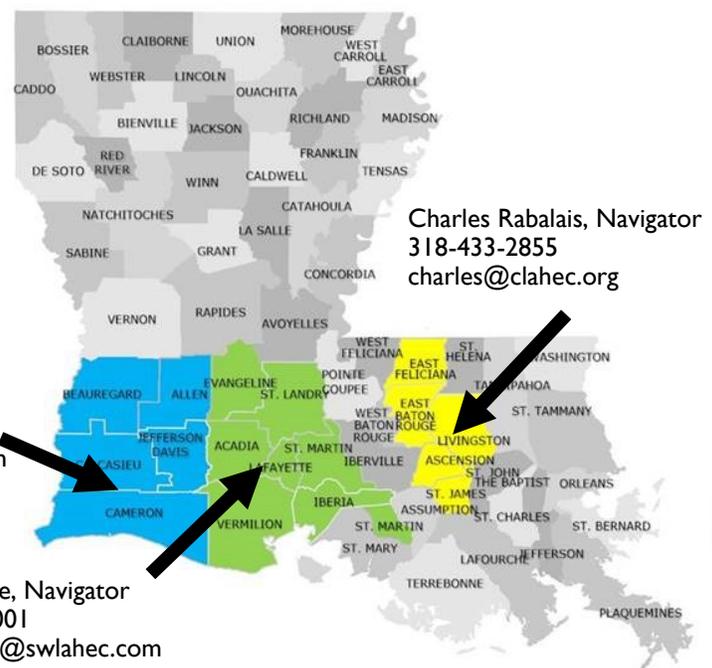
103 Independence Blvd.

Lafayette, LA 70506

Due to the COVID-19 containment efforts, Navigators are not able to conduct **in-person** appointments; **however, we now have TeamViewer!** TeamViewer is a computer application that allows Navigators to assist you with enrolling in and renewing Marketplace insurance. All you need is an email address and access to a computer. **Call 1-800-435-2432 to set up your TeamViewer appointment today!**

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Navigators for a
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Health Insurance
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