



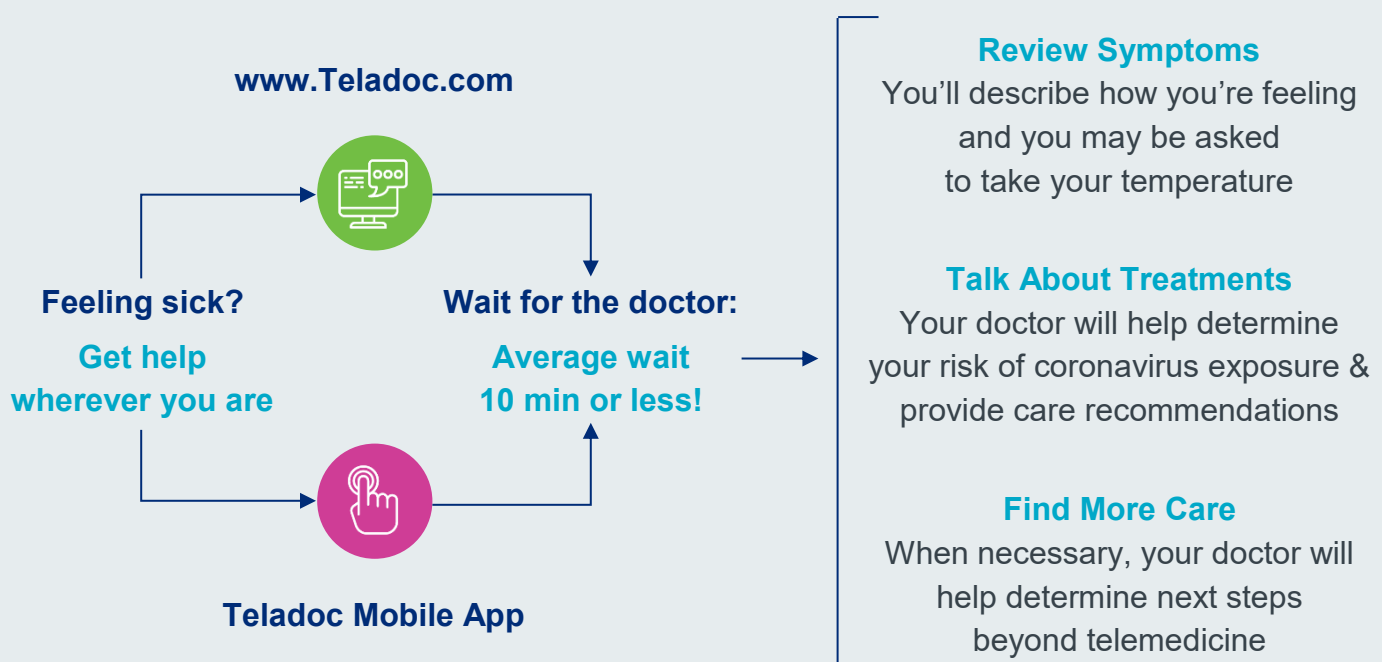
TELEMEDICINE & CORONAVIRUS (COVID-19)

The YMCA of Greater Charlotte cares about your wellbeing. In this time of concern, remember that you can access medical services through Teladoc.

Take advantage of Teladoc wherever you are for a **\$0 copay**.

HOW DOES TELADOC WORK?

You can talk to a doctor on your computer or with a mobile app 24/7—no appointment needed. Your virtual doctor will evaluate your symptoms, help determine exposure risk to the coronavirus and identify next steps for care when necessary.



WHAT ARE CORONAVIRUS SYMPTOMS?

Signs and symptoms include:

- Fever
- Cough
- Shortness of breath

Find more information at:

<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

The CDC recommends seeking medical advice if you develop symptoms **and** have been in close contact with a person who has COVID-19 or if you live in an area where COVID-19 is spreading.

WHAT ELSE SHOULD I KNOW?

There are simple ways to **keep yourself healthy**:

- 1 Wash your hands with soap & water for at least 20 seconds
- 2 Avoid touching your face with unwashed hands
- 3 Clean all "high-touch" surfaces daily

