



Juhl Energy is actively monitoring the developments of COVID-19 virus and will do whatever is necessary to protect our employees and their families. With limited vaccines available for the virus, and all of us need to do the following to help prevent and spread the virus:

- Stay home if you are sick, regardless of whether the symptoms match those described as coronavirus or not. We are in flu season and many symptoms are the same.
- Wash your hands regularly, count 20 seconds and wash hands all over.
- Carry hand cleaner and wipes and use them
- When in public, practice common sense separation and distance.
- **Please bring any concerns to HR.**

Juhl Energy Medical Resources:

BCBS Members: BCBS is working to protect patients and members to help prevent the spread of COVID-19. You can find information on prevention, and symptoms along with accessing the BCBS Network of Providers at www.bluecrossmn.com or by calling 1-800-531-6676. You will remain benefit eligible if you are working remotely or have a reduction in hours.

Doctor On Demand: Telemedicine is a great low cost option to seek health care services without leaving your home. They are informed and prepared to answer any questions about the disease, evaluate risk, and provide clinical support. If you are enrolled in a Juhl Energy medical plan, please visit www.doctorondemand.com/bluecrossmn.

Provider	Contact	Description	Cost
BCBS – Doctor on Demand Telemedicine	Doctorondemand.com	Access certified practitioners through your phone or desktop. No appointments needed. Simple interview of questions will determine whether they are able to diagnose the sickness.	No Cost if on the Juhl Medical Plan
Employee Assistance Program	1-877-595-5281 Guidanceresources.com WebID:EAPBusiness	Feeling anxious about COVID-19? Our EAP offers specialists to talk through concerns and fears as updates arise.	No Cost

CORONAVIRUS

According to the Centers for Disease Control and Prevention (CDC), coronaviruses are common in animal species, and most don't affect humans. As of now, only seven different coronaviruses are known to infect humans. In their lifetime, most people will be infected with at least one common human coronavirus.

What are the symptoms of coronavirus?

Common coronaviruses typically cause mild to moderate upper-respiratory tract illness, and those affected exhibit cold-like symptoms. The most common symptoms include:

- Headache
- Cough
- Fever
- Sore throat
- Runny nose

Some cases of coronavirus can be more severe, and individuals experience more serious lower-respiratory tract illnesses like bronchitis and pneumonia. For the elderly, infants and those with weakened immune systems, coronavirus can be even more dangerous.

How is coronavirus diagnosed?

If you're exhibiting coronavirus symptoms, you should call your doctor or telemedicine, especially if you're experiencing symptoms and have traveled to countries where outbreaks have been reported. Your doctor will likely order a lab test to detect coronavirus. Be sure to disclose any recent travel to your doctor.

Information Resources

[Coronavirus Disease 2019 \(COVID-19\) Situation Summary](#)

[Coronavirus disease \(COVID-19\) advice for the public](#)

[Safety and Health Topics: COVID-19](#)