



# Live Well, Work Well

Employee Health Benefits Bulletin

April 2020

Warren Hills Regional School District

## COVID-19: Coronavirus

*Timely Tip:* Clean hands are important when fighting germs. Dirty hands spread disease. The best hand-washing technique? Watch this short [video](#) from the Centers for Disease Control (CDC).

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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. Most people will be infected with at least one common human coronavirus in their lifetime.

**Symptoms** Common coronaviruses typically cause mild to moderate upper-respiratory tract illness, and those affected exhibit cold-like symptoms like headache, cough, fever, and shortness of breath. Some cases can be more severe, causing lower-respiratory tract illnesses like bronchitis or pneumonia. For the elderly, infants, and those with weakened immune systems, illness is even more dangerous.

**Diagnosis** If exhibiting symptoms, contact your doctor or *Horizon CareOnline* at (877) 716-5657 /

[horizoncareonline.com](http://horizoncareonline.com), especially if

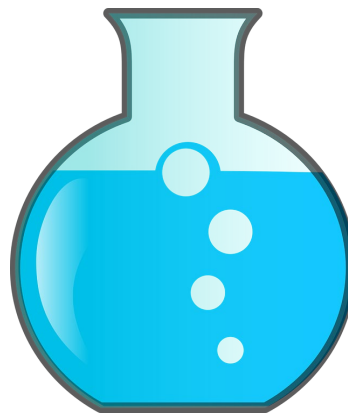
you've recently traveled to affected countries. Visit [horizonblue.com](http://horizonblue.com) to learn how Horizon BCBSNJ is supporting members at this time.

**Prevention** Most common cases of coronavirus occur in the fall and winter but can

happen at any time. Currently, there is no vaccine to protect against infection. The virus is believed to spread via person-to-person contact, so the CDC advises the following:

- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with those who are sick
- Wash hands using soap and water
- Disinfect frequently touched surfaces and objects (e.g., doorknobs, phones)

**Be Informed** Go to [horizonblue.com](http://horizonblue.com), our *Benefits Online* website (at *Staff Portal / Human Resources / Benefits Online*), or the attached to learn more.



## New! MOBE®

Horizon BCBSNJ is now offering members with specific health challenges access to personalized services and coaching through MOBE®, an independent wellness company. If you are eligible, you may be contacted directly to participate. Learn more at [horizonblue.com](http://horizonblue.com).



## National Health Observances

### April

#### National Minority Health Month

U.S. Department of Health and Human Services

[minorityhealth.hhs.gov](http://minorityhealth.hhs.gov)

#### National Autism Awareness Month

Autism Society

[autism-society.org](http://autism-society.org)

### May

#### Skin Cancer Prevention Month

American Academy of Dermatology

[aad.org](http://aad.org)

#### Arthritis Awareness Month

Arthritis Foundation

[arthritis.org](http://arthritis.org)

#### Food Allergy Action Month

Food Allergy Research & Education

[foodallergy.org](http://foodallergy.org)

## Bottled Bacteria

We know that bacteria thrive in a moist environment, so your reusable water bottle is the ideal breeding ground. Take time to clean your water bottle, cap, and straw at the end of each day to avoid illness:

- Use the dishwasher: if your water bottle is dishwasher safe, totally disassemble and run through the dishwasher at the hottest wash / dry cycle. Be sure the bottle is completely dry before using.
- Wash with soap and water: you can effectively wash your reusable bottle by hand with hot water and soap. Dry with a paper towel or clean cloth to avoid new bacteria.
- Use hydrogen peroxide: this is a good option if you haven't washed your bottle recently. First, clean with hot water and soap; then pour ¼ cup of 3% hydrogen peroxide in the bottle, replace the lid, and shake. Rinse well and dry with paper towel or clean cloth.

## Healthy Recipe

### Quick Skillet Lasagna

#### Ingredients

- 1-1/2 c. chopped onion
- 1/2 lb. ground beef (90% lean)
- 1 14.5 oz. can tomatoes
- 3/4 c. tomato paste
- 1-1/2 c. water
- 1 tsp. garlic powder
- 2 c. egg noodles (cooked)
- 3/4 c. low-fat cottage cheese
- 1/4 c. Parmesan cheese

#### Directions

1. Brown beef and onion in frying pan; drain off excess fat.
2. Add tomatoes, tomato paste, water, and garlic powder to beef mixture.
3. Bring to a boil and simmer until sauce is thick, about 25 minutes.
4. Add noodles to the beef mixture; stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the pan.
6. Cover and heat over low heat about 5 minutes. Serve.

*Makes: 6 servings*