

# Industrial Carpenters Trust Funds

April 2020

The Board of Trustees of the Furniture & Industrial Carpenters Health Trust Fund is working to address interim COVID-19 Benefits:

All COVID-19 testing costs will be covered through Kaiser and patient cost share waived.

## **Virtual Doctor Visits**

To assist you in receiving needed healthcare during this time:

Kaiser members have access to online resources including video visits, secure emails with your doctor and online scheduling. If you have not already done so, you can register at [kp.org](http://kp.org) to take advantage of these resources.

## **COVID-19 Symptoms**

The COVID-19 virus is not fully understood at this time. The Centers for Disease Control and Prevention (CDC) states that coronavirus symptoms may appear in as few as two days, or as long as 14 after exposure. Symptoms can vary by person, usually starting with a fever, followed by a dry cough. Some individuals may have some or none of the symptoms. In some cases, the symptoms may progress to severe acute respiratory infections.

Trust members who may have been exposed to COVID-19 or who have symptoms, such as coughing or a fever, are encouraged to contact their healthcare provider. But, before going into a doctor's office or emergency room, call ahead and tell the facility about the symptoms and any recent travel.

## **Prevention**

The CDC guidelines have indicated the same behaviors that will help prevent the spread of cold and flu will also help prevent COVID-19. These behaviors include:

- Avoid close contact with sick people.
- Stay home when you are sick. Respect others by minimizing exposure.
- Cover your mouth and nose when coughing or sneezing.
- Clean your hands. Wash with soap and water frequently or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Get plenty of sleep, eat nutritious food, drink plenty of fluids and get regular exercise.

## **Questions?**

If you have questions about this new benefit, please contact the Trust Office at the number below.