

Vaccines have been approved by the Food & Drug Administration (FDA). Blue Cross and Blue Shield of Nebraska members are able to get the **vaccine at no cost**. Talk to your physician about which vaccine is best for you, and when and where it's available.

BCBSNE will **waive costs** for medically appropriate **in-network testing and treatment** of COVID-19 through January 10, 2023.\* We encourage the use of in-network providers. They will never ask for upfront payment for COVID-19 vaccines or testing.

## Protect yourself and others from COVID-19.



Wash your hands often. Wash your hands with soap and water for at least 20 seconds. Use hand sanitizer if soap is not available.



## Practice social distancing.

Limit close contact with others and remember people without symptoms may be able to spread the virus.



Cover your mouth and nose with a cloth face covering when around others. This is especially important when social distancing is difficult to maintain.



**Clean and disinfect.** Frequently touched surfaces such as cell phones, laptops, keyboards, doorknobs, etc., should be disinfected often.



## Cover coughs and sneezes.

Cover your mouth and nose with a tissue or use the inside of your elbow.

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To learn more, visit

NebraskaBlue.com/Coronavirus,
or consult your doctor.

