



# DELAWARE VALLEY TRUSTS

## Member Update October 15, 2020

**Health Trust Member Update: Aetna extends waivers for COVID-19-related care.** Aetna has extended cost-share waivers for its members as part of continued steps to help members access the care they need during the COVID-19 pandemic.

These extensions include:

- Waiving member cost-sharing for covered in-network telemedicine visits for outpatient behavioral and mental health counseling services through December 31, 2020.
- Waiving early refill limits on 30-day prescription maintenance medications through December 31, 2020.
- Aetna continues to waive member cost-sharing for diagnostic testing related to COVID-19.

### How COVID-19 Spreads

(Updated: October 5, 2020)

This update from the CDC recognizes recent data suggesting COVID-19 may spread via aerosols in addition to droplets. While infectious droplets remain airborne for shorter times and have a shorter dispersal path, aerosols in comparison can potentially travel beyond six feet and may remain in the air for several hours after an infected individual has left the area. Although this revelation has not changed the agency's fundamental infection control recommendations, the CDC advises to avoid enclosed spaces that have inadequate ventilation and when the infected person was breathing heavily, such as when singing or exercising.

News release: <https://www.cdc.gov/media/releases/2020/s1005-how-spread-covid.html>

Updated infection control recommendations

webpage: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

NCIRD Science brief: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-sars-cov-2.html>

### Trick or Treating and Other Halloween Activities

(Updated: October 9, 2020)

This updated CDC guidance provides recommendations for how to protect yourself and dependents from COVID-19 during upcoming Halloween festivities.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/halloween.html>

### Print Resources

(Updated: October 12, 2020)

The CDC has added education resources to its website for printing, posting or electronic distribution in various settings impacted by COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>