Harris County Reports Additional Positive Cases of COVID-19

Houston – Harris County Public Health (HCPH) is reporting additional positive cases of COVID-19 in Harris County. These two additional cases bring the current total of COVID-19 to 8 cases within Harris County, outside City of Houston. The first individual is a 40-50-year-old woman who was in contact with an individual who was COVID-19 and lives in the Northwest quadrant of Harris County. The second case is a man, between the age of 50-60, and he is from the Northwest quadrant of Harris County. HCPH epidemiologists are investigating details related to his case including travel history. These two additional cases have no relation to each other and were independent investigations. These tests were processed by the Houston Health Department and are considered positive for COVID-19. (Moving forward, HCPH will be referring to presumptive positive cases as positive COVID-19. Tests officially confirmed by the Centers for Disease Control and Prevention (CDC) in Atlanta will be still be referred as confirmed positive.)

Both individuals are stable and are isolated. HCPH epidemiologists have been and will continue to monitor these individuals and are working to identify those who potentially are at-risk for COVID-19 by these individuals through ongoing contact investigations.

Public health and the community must work as partners to slow down the spread of COVID-19 and protect those who are most vulnerable. Individuals can lower their risk of contracting coronavirus disease by taking the same measures that are recommended to prevent the spread of the flu and other respiratory illness:

- Cover your mouth and nose when you cough or sneeze
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces
- Avoid close contact with people who are sick
- Stay home when you are sick. Keep a sick child home from school to prevent spreading illness in the school and the community

If you feel sick and believe you may have been exposed to COVID-19, contact your healthcare provider (call before going), describe your symptoms, and travel history or contact with an individual who testing positive for COVID-19.
HCPH strongly recommends that people at higher risk of serious illness from COVID-19 should practice social distancing by staying home and away from large group settings and social gatherings where there will be close contact with others. People at higher risk include people:

- Over 60 years of age. The risk and severity increase significantly with age. Persons over age 80 are in the highest risk category
- With underlying health conditions including heart disease, lung disease, or diabetes
- With weakened immune systems

Caregivers of children with underlying health conditions should consult with healthcare providers about whether their children should stay home. HCPH understands that public health actions may disrupt individuals’ lives and we are asking for the public’s understanding and support of practicing social distancing to slow community spread.

HCPH advises the public to call their local health department for questions as information and guidance may vary. Regional resources for both clinical-related questions and general questions about the virus are available below:

**For Harris County Residents:**
Harris County Public Health (HCPH)
www.hcphtx.org/COVID-19
www.ReadyHarris.org
832-927-7575*
*This number is staffed 9 a.m. - 7 p.m., daily

**Harris Health System:**
www.harrishealth.org
Ask-My-Nurse
713-634-1110*
*This number is staffed 9 a.m. - 7 p.m., daily for clinical-related questions

**For City of Houston Residents:**
Houston Health Department
www.HoustonHealth.org
www.HoustonEmergency.org
832-393-4220*
*This number is staffed 9 a.m. to 7 p.m. M-F, 9a.m - 3 p.m. on Sat.

**For Fort Bend County Residents:**
Fort Bend County Health & Human Services
www.fbchealth.org/ncov
281-633-7795*
*This number is M-F from 8a.m. to 5p.m.

For updates on COVID-19, including health tips, fact sheets, case counts, and other community resources, visit www.ReadyHarris.org and the www.hcphtx.org.

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