



COVID CORONAVIRUS DISEASE 19

What to do if you are an employee working during COVID-19?

COVID-19 is spreading in Harris County communities. While everyone is at risk for exposure, we recommend that employees take specific precautions to protect themselves. This guidance is for people who are working in non-healthcare settings.

Make sure that you are not sick before going to work

One way to do this is by taking your temperature or monitoring for other COVID-19 related symptoms. Some workplaces have symptom screening protocols before starting a shift; check with your employer about their protocols. Stay home from work, and call your employer if you feel ill or have any signs and symptoms of or exposures to COVID-19 such as:

- A measured temperature of 100°F and above or feel feverish
- Chills
- Cough
- Shortness of breath or difficulty in breathing
- New Loss of smell and taste
- Muscle ache or body ache
- Headache
- Sore throat
- Congestion or Runny Nose
- Diarrhea
- Nausea or vomiting
- Known close contact with a person who is lab-confirmed to have COVID-19

Know what to do if you start feeling sick while at work

If you start feeling ill while at work, notify your supervisor, and plan to leave as soon as possible. Check with your employer about the specific protocol at your workplace. Consider asking about their return to work criteria

If you have been exposed

Inform your employer about your exposure. You must quarantine at home for 14 days following the day of your last potential exposure and self-monitor. If symptoms develop, the employee should seek medical care immediately

If you have ongoing exposure, such as living with or providing care for someone with COVID-19 at home, you must be quarantined for 14 days from the date the case is released from isolation. It's important to monitor yourself for symptoms regularly. Free testing is available through HCPH, regardless of insurance coverage or immigration status. Visit <http://covcheck.hctx.net> or call 832.927.7575

Covered employers and employees should be aware of the provisions of the federal [Families First Coronavirus Response Act](#), which allows for paid sick leave or expanded family and medical leave.



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If your results are positive and you live in Harris County, you will be contacted by HCPH epidemiology. You will receive a call from 832-927-7575 and/or a text message from 346-229-1960. If you live outside Harris County, you will be contacted by your local health department.



Coronavirus disease (COVID-19) advice for the public: Mythbusters



Confirmed case counts and other demographic data for Harris County



Phone Line Information Resources Local Call Center Information

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