As of March 17th, according to King County Health Department (see link below):
- You generally need to be in close contact with a sick person to get infected. Close contact includes:
  - Living in the same household as a sick person with COVID-19
  - Caring for a sick person with COVID-19
  - Being within 6 feet of a sick person with COVID-19 for about 10 minutes, OR
  - Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

For assistance evaluating your risk associated with exposure, you may want to call your doctor, or use the TeleHealth services (MDLIVE) available through your City insurance. (See link below)

If you are advised to self-quarantine, please contact HR at hr@rentonwa.gov. You may stay home using accrued leave, including sick leave. If you do not have adequate leave balances, contact HR at hr@rentonwa.gov.

As of March 17th, according to King County Health Department (see link below):
- The most common symptoms are fever, cough and shortness of breath.
- They advise that you should call your doctor if you are experiencing symptoms:
  - Fever within the past 72 hours
  - Mild cough or congestion
  - A person over age 60
  - A person with a medical condition
  - A person pregnant

If you are diagnosed as having COVID-19, or are advised by a healthcare provider to self-quarantine, please contact HR at hr@rentonwa.gov. You must not come to work if you've had a fever within the past 72 hours. Individuals with a mild cough or congestion are not necessarily prohibited from work. Please contact a healthcare provider for advice if you are concerned (see link below). Employees do not need a doctor's release to return to work. Keep your supervisor informed.

King County Health Department provides up to date fact sheets on what to do if:
- You have a confirmed or suspected diagnosis of COVID-19
- You were potentially exposed to a person with confirmed COVID-19
- You have symptoms, and have not been tested for COVID-19

Your Renton City Insurance covers virtual doctor appointments (phone or video)

MDLIVE is available at no charge using the App or online
https://www.mdlive.com/coronavirus

UW Medicine offers TeleHealth
https://www.uwmedicine.org/services/virtual-clinic

Your Renton City Insurance covers virtual doctor appointments (phone or video)

Please contact your doctor for advice if you are concerned.