

Symptoms related to COVID-19

As of March 13th, 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, And -

- Have been exposed to someone with COVID-19, or
- Are over age 60, or
- Are pregnant, or
- Have a medical condition

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.

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

Exposure to someone with COVID-19

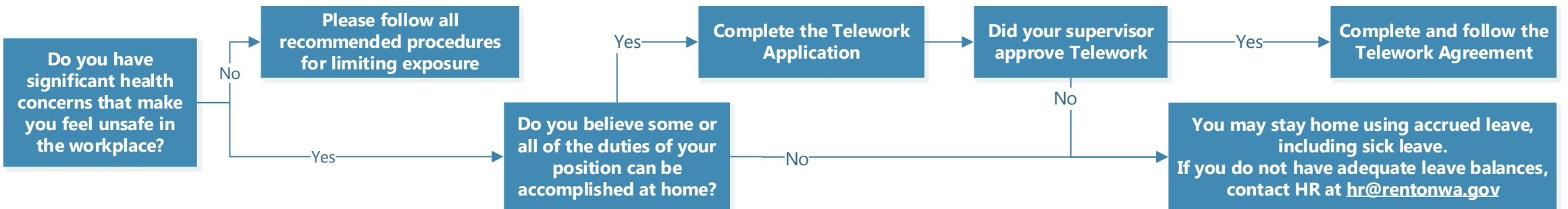
As of March 13th, according to King County Health Department (see link below): "You generally need to be in close contact with a sick person to get infected. Close contact includes:

- 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

Personal Health Concerns



Resource Material

King County Health Department provides up to date fact sheets on what to do if

- You have a confirmed or suspected diagnosis of the COVID-19
- You were potentially exposed to someone with confirmed COVID-19
- You have Symptoms, and have not been around someone who has been diagnosed

<https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx>

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>
- **TeleHealth with your doctor is covered with an Office Copay of \$30**
UW Medicine offers TeleHealth <https://www.uwmedicine.org/services/virtual-clinic>