COVID-19 Employee Information, Resources & Guidance

As the pandemic continues and we are entering into the season of Influenza, we encourage employees to be extra cautious for the safety and protection of all our Knox County staff and citizens. The virus is dynamic and information is changing as well.

This guidance is not meant to supersede that which may be provided by your health care providers, community partners and/or your department leadership. Communication with the appropriate individuals is always encouraged. Please feel free to contact the appropriate individuals including your supervisor, medical practitioners, or HR.

Frequently Asked Questions

Q: **What is the best way to protect myself and others from getting sick?**

A: Be informed. Know how the virus spreads. Wash your hands, practice social distancing, wear your mask, clean frequently touched surfaces frequently, etc. Click here for detailed guidance from the CDC[*].

Q: **What are the typical symptoms of COVID-19?**

A: People with COVID-19 have had a wide range of symptoms ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus and may include:

- Fever and/or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste and/or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

CDC will continue to update this list as we learn more about COVID-19. Click here to view CDC's webpage with this information.[*]

Q: **What do I do if I am experiencing COVID-19 symptoms or have tested positive for COVID?**

A: Employees who are ill and are experiencing COVID-19 symptoms or have tested positive for COVID-19 should ___stay home___, notify their supervisor and consult with their primary care physician. Click here for CDC guidance on when you should be around others after being ill.[*]

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[*] CDC Link: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html

*CDC Link: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html

Q: What is the difference between Influenza (flu) and COVID-19?

A: "Influenza (flu) and COVID-19 are both contagious respiratory illnesses but caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses.

COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus. More information about differences between flu and COVID-19 is available in the different sections below (found on the CDC's website by clicking here.)

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference based on symptoms alone and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics but there are some key differences between the two.

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it.

Q: What should I do if I have been exposed to COVID but I'm not experiencing any symptoms?

A: Whenever you have any questions or doubts, contact your supervisor prior to taking action. If you can't reach your supervisor call another member of the leadership team and then follow up with your supervisor.

Please make sure to visit the Knox Public Health's website for additional COVID-19 related information and community updates.

Click here to find location for free local COVID Swab Testing Locations.