

Coronavirus Resource Guide

Health and wellness resources

- Texas Health and Human Services has resources for policies and procedural information for those currently receiving services.

<https://hhs.texas.gov/services/health/coronavirus-covid-19>

- From the Governor

Governor Greg Abbott announced a series of Executive Orders relating to COVID-19 preparedness and mitigation. The orders serve to help reduce exposure for people across the state. These orders are in accordance with federal guidelines issued by the President and the Centers for Disease Control and Prevention (CDC), and will aid in the state's efforts to stop the spread of COVID-19. Read more regarding the [executive orders](#).

- The [Texas Department of State Health Services](#) recommends these everyday actions to help prevent the spread of any respiratory virus, including COVID-19:

- *Wash hands often for 20 seconds and encourage others to do the same.*
- *If no soap and water are available, use hand sanitizer with at least 60% alcohol.*
- *Cover coughs and sneezes with a tissue, then throw the tissue away.*
- *Avoid touching your eyes, nose, and mouth with unwashed hands.*
- *Disinfect surfaces, buttons, handles, knobs, and other places touched often.*
- *Avoid close contact with people who are sick.*
- *Practice social distancing. This includes avoiding crowds and minimizing physical contact.*

- Our partners at Memorial Hermann are offering resources on a variety of Coronavirus related topics including symptoms, testing, keeping calm under stress and more. Check out their resources by clicking the link below.

http://www.memorialhermann.org/coronavirus/?utm_source=9th-wonder&utm_medium=email&utm_campaign=www_fy20&utm_segment=brand_hbi-email&utm_content=covid

Employment resources

If your employment has been affected by COVID-19, the [Texas Workforce Commission](#) (TWC) encourages you to apply for benefits by utilizing the online claim portal, or by calling the Tele-Center at 1-800-939-6631 from 8 a.m. to 6 p.m., Central Standard Time, Monday through Friday. TWC will investigate why you lost your job and mail a decision explaining whether you are eligible for unemployment benefits.

TWC may be experiencing increased call volumes and hold times on Tele-Center phone lines. You are encouraged to use the online claim portal, [Unemployment Benefits Services](#) (UBS), to handle your claim needs quickly. UBS is available 24 hours a day, seven days a week. You may also sign up for electronic correspondence so you can receive TWC communications online as soon as possible.

For additional information and resources for job seekers, visit TWC's webpage: twc.texas.gov/news/covid-19-resources-job-seekers

- **TWC Update:**

If you were previously ineligible for Unemployment Insurance (UI) benefits due to insufficient wages, TWC encourages individuals to reapply starting April 5, 2020. More information [here](#).

The U.S. Department of Labor has resources to help workers and employers prepare for the COVID-19 virus (also known as novel coronavirus). They have included links for information on workplace safety, wages, hours and leave, unemployment insurance flexibilities and more.

<https://www.dol.gov/coronavirus>