

COVID-19

Help & Community Resource Guide

For regions of:

Greater Harris/Fort Bend/Montgomery Counties

This Guide serves as a *quick* reference for use to regional help & resources available:



Think You Are Sick?

- 1) Call your doctor FIRST. They will walk you through next steps including possible testing.
- 2) COVID-19 mobile testing centers are available near you:

United Memorial Medical
Center has free testing at
[510 W Tidwell Rd.](#)
[Houston, TX 77076](#)

Legacy Fifth Ward
[3811 Lyons Ave](#)
[Houston, TX 77020](#)

Legacy Montrose
[1415 California St](#)
[Houston, TX 77006](#)

Legacy Southwest
[6441 High Star Dr](#)
[Houston, TX 77074](#)

Legacy Central Beaumont
[450 North 11th St.,](#)
[Beaumont](#)
[Beaumont, TX 77702](#)

My Family Doctor
[6430 Hillcroft Ave](#)
[Houston, TX 77074](#)

Harris Public Health/ City of
Houston
[Butler Stadium](#)
[13755 S Main St](#)
[Houston, TX 77035](#)

- 3) Follow up with shelter in place procedures:
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- 4) How Can I Ready My Home To Shelter In Place?
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklist-household-ready.html>



Medical Resources

Should you require any aid or additional intel, get the latest from the below resources.

Centers for Disease Control (CDC)

www.cdc.gov

CDC Guide for steps to take when sick

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

CDC Contact

800-CDC-INFO (800-232-4636)

Texas Health & Human Services

<https://www.dshs.state.tx.us/coronavirus/>

For questions about COVID-19

PHONE: 2-1-1, then choose Option 6.

If you experience difficulty when dialing 2-1-1, please email coronavirus@dshs.texas.gov

Harris Health

www.harrishealth.org

PHONE: 713-634-1110

Harris Health System patients with symptoms of fever, cough and shortness of breath are encouraged to call Ask My Nurse at 713-634-1110

<https://www.harrishealth.org/about-us-hh/news/Pages/coronavirus-disease-covid-19.aspx>

Fort Bend Health & Human Services

<https://www.fbchhs.org/>

ADDRESS: 4520 Reading Road, Suite A600, Rosenberg, TX 77471

PHONE: 281-341-6624

FAX: 281-341-1528

Montgomery County Public Health

<https://mcphd-tx.org/>

ADDRESS: 1300 South Loop 336 West, Conroe, Texas 77304

PHONE: (936) 523-5020



Employment & Business Resources

See below for the latest employment and business related resources as provided by the Texas Workforce Commission.

Texas Workforce Commission:

800-939-6631

8:00AM-6:00PM CST

Monday through Friday

Business Owners: <https://twc.texas.gov/news/covid-19-resources-employers>

Unemployment Benefits & More: <https://twc.texas.gov/news/covid-19-resources-job-seekers>

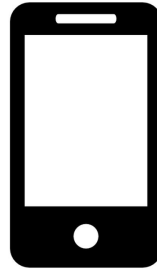


Food Resources

Text FOOD to 855-308-2282 to find the nearest food pantry in the area.

Food Bank Locations:

- **Houston Food Bank:** <https://www.houstonfoodbank.org/covid19/>
- **Montgomery County Food Bank:** <https://mcfoodbank.org/mcfb-response-to-covid-19/>
- **Fort Bend County:** https://www.foodpantries.org/ci/tx-sugar_land and https://www.needhelppayingbills.com/html/fort_bend_food_pantries.html



Mobile App Resources

Quick App and online resources available at:

For Harris County Residents

- **Web:** www.readyharris.org
- **APPLE:** <https://itunes.apple.com/app/readyharris/id1038485677?mt=8>
- **GOOGLE PLAY:** <https://play.google.com/store/apps/details?id=com.quickseries.Harris>
- **Twitter:** @readyharris & #readyharris
- **Contact** ask@oem.hctx.net

For Fort Bend County Residents

- Address: 307 Fort Street, Richmond, TX 77469
- Phone: (281) 342-6185
- Website: <https://fbcoem.org/>
- Twitter: <https://twitter.com/FBCOEM>

For Montgomery County Residents

- Address: 9472 Airport Rd. Conroe, TX 77303
- Phone: 936-523-3900
- Contact: eoc@mctx.org
- Web: <https://mctxoem.org/>
- Twitter: <https://twitter.com/mcoem>
- Apple iOS App: [ReadyMCTX on Apple iOS](#)
- Android App: [ReadyMCTX on Google Play](#)