

Coping with the COVID-19 Outbreak

The COVID-19 (Coronavirus) outbreak has consumed most aspects of our lives and work. It is important our City team take care of themselves, so we can stay healthy and be able to take care of our families and those we serve. This COVID-19 Alert from HR can help us all do that.

Live and Work Well

UnitedHealthcare offers a wide range of support to help you stay up to date with, and cope with COVID-19 as part of the City's EAP, **Live and Work Well**.

Any employee, even if not covered by the City health plan, can access **Live and Work Well**. Simply click on [Live and Work Well Website](#) and register as a guest at the bottom of the screen, using the **access code Tampa**. After logging in you will see "Learn about COVID-19" at the top of the screen.

Live and Work Well also has a toll-free emotional support help line at [\(866\) 342-6892](tel:8663426892) that is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week.

Below are some direct links to helpful information from the Live and Work Well website.

[What are Coronaviruses?](#)

This short educational video, in partnership with internal physicians and subject matter experts, provides basic information about COVID-19, how to protect yourself from the virus, and where to seek ongoing updates.

[COVID-19 Coronavirus FAQs for Employees](#)

A flyer about the COVID-19 Coronavirus, symptoms, treatment, and protective measures.

[Managing COVID-19 Anxiety](#)

Mindfulness techniques for managing coronavirus anxiety at home and work.

[Coping With a Public Health Event](#)

If you turn on the TV, pick up a newspaper or go on the Internet, it is likely that you will hear news about the Coronavirus outbreak. This flyer discusses ways you can cope with this serious health event.

All COVID-19 (Coronavirus) Alerts from HR are also on the internet at [Employees Guide](#).

Visit the City of [Tampa Corona Disease \(COVID\) Information Website](#) for details, frequently asked questions, and information on resources.

Other Things You Need to Know

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

Practice social distancing

Keeping away from persons as much as possible can protect you and others. Try to keep a distance of 6 feet from those you are interacting with and avoid handshakes and other touching.

If you have symptoms?

Contact your primary care physician or the patient access center for the City Wellness Centers immediately. Your physician will advise you on next steps, including whether you need to be tested. Avoid going directly to your physician so that other persons are not infected.

If you are sick with Corona Virus symptoms, stay home except to get medical care

- Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- Avoid public areas: Do not go to work, school, or other public areas.
- Avoid public transportation including ride sharing and taxis.
- Stay away from others, even within your own home.

Steps you can take in your home or workplace

- Wash your hands often with soap and water for at least 20 seconds
- If unable to wash hands use hand sanitizers with at least 60% alcohol content
- Sanitize tables and counters at home, workstations on the job, door handles and phones
- Many City worksites have hand-sanitizer stations and access to wipes. Ask your supervisor.

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