

COVID-19 (Coronavirus)

Daily Life and Coping

The current outbreak of COVID-19 is impacting all of us, as well as our families and loved ones. This alert contains some useful information from the Centers for Disease Control and details can be found at the [CDC Website](#) and can help you better prepare and cope with the virus and its impact.

Daily Life and Coping



Learn how you can plan, prepare, and cope with stress before and during a COVID-19 outbreak.

- Plan and make decisions in advance of an illness.
- Know how to protect and support the children in your care.
- Find ways to cope with stress that will make you, your loved ones, and your community stronger.

Household Checklist

As a family, you can plan and make decisions now that will protect you and your family during a COVID-19 outbreak.

Stay informed and in touch

- Get up-to-date information about local COVID-19 activity from public health officials
- Ask your neighbors what their plan includes.
- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.
- Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources.



Prepare for possible illness

- Consider members of the household that may be at greater risk such as [older adults and people with severe chronic illnesses](#).
- Choose a room in your house that can be used to separate sick household members from others.

Take everyday preventive steps

- Wash your hands frequently
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- [Clean and disinfect](#) frequently touched objects and surfaces Be prepared if your child's school or childcare facility is temporarily dismissed or for potential changes at your workplace.

See also: [More prevention details](#)

If someone in your home is sick

- Continue to practice [everyday preventive actions](#)
- Keep the ill person in a separate room from others in the household
- If [caring for a sick household member](#), follow recommended precautions and monitor your own health
- Keep surfaces disinfected
- Avoid sharing personal items
- If you become sick, stay in contact with others by phone or email
- Stay informed about the local outbreak situation
- Notify your work if your schedule needs to change
- Take care of the [emotional health](#) of your household members, including yourself

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.