

Have You Taken the Quizzify Coronavirus Quiz?

Quiz # 2 is Now Available!



How much do you really know about the COVID-19 virus? What is the truth, and what might be myth or false? Great questions, and now you have a tool to help improve knowledge of the virus and make the best decisions to protect you and those important to you.

The City, is working with Quizzify to provide you a series of Coronavirus quizzes. Quizzify's engaging health literacy quizzes, reviewed by doctors at Harvard Medical School, provide education to employees on health, healthcare, and health benefits.



We encourage you to take the quiz, and your spouse or partner can also take the quiz. Your participation and score are private. There is no user ID or password required; and only you see the score.

To take Coronavirus Quiz # 2 simply click this link [City of Tampa Quizzify - Quiz #2](#)
Also attached to this City ENews is a helpful flyer **Coronavirus Questions to Ask Your Doctor**.

Moreover, it is not too late to take Coronavirus Quiz # 1 [City of Tampa Quizzify-Quiz #1](#)

You can look forward to more Coronavirus quizzes coming your way soon. We hope you find them beneficial.

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.

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