

COVID-19 Alert from HR – Helpful Guidance for Resuming Normal Activities

As we adjust to Phase 1 of Florida's COVID-19 recovery plan it is important to continue to take many of the same smart steps that have been so important since the outbreak of this Coronavirus in our community. These include continuing regular hand washing, use of hand sanitizer, wearing face covering around others (particularly indoors) and practicing social distancing. The CDC has simple and effective resources to help us in our everyday life.

Grocery Shopping, Take-Out, Banking, Getting Gas, and Doctor Visits

As communities across the United States take steps to slow the spread of COVID-19 by limiting close contact, people are facing new challenges and questions about how to meet basic household needs, such as buying groceries and medicine, and completing banking activities. [Running Essential Errands](#) provides advice about how to meet these household needs in a safe and healthy manner

If You Must Visit In-Person, Protect Yourself and Others

- If you think you have COVID-19, notify the doctor or healthcare provider before your visit and follow their instructions.
- Cover your mouth and nose with a [cloth face covering](#) when you have to go out in public.
- Do not touch your eyes, nose, or mouth.
- Stay at least 6 feet away from others while inside and in lines.
- When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.

Visiting Parks and Recreational Facilities

Staying physically active is one of the best ways to keep your mind and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin D, stay active, and safely connect with others.

- [Visiting Parks and Recreational Facilities](#)

Restaurants and Bars

Per the Governor's **Safe. Smart. Step-by-Step Plan for Florida's Recovery** effective May 4, 2020, restaurants may offer outdoor seating with 6 foot space between tables and indoor seating at 25% capacity. Restaurants are also encouraged to continue serving orders for takeout and delivery as well. Bars and nightclubs will remain closed during Phase 1.

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.