

# WHAT TO DO IF YOU HAVE COVID-19 SYMPTOMS

## What are the symptoms of COVID-19?



## How can you get tested for COVID-19?

Free COVID-19 testing is available to everyone. There are two Hillsborough County drive-thru testing sites located within City of Tampa limits:

**Raymond James Stadium**  
4201 North Dale Mabry Highway  
Tampa, FL 33607

**Lee Davis Community Resource Center**  
3402 North 22nd Street  
Tampa, FL 33605

Call Hillsborough County at **(888) 513-6321** to pre-register for testing. The call center is open Monday through Friday, from 8am to 5pm. **Insurance is not required.**

For more information on how to get tested in Hillsborough County, please visit [bit.ly/hctesting](https://bit.ly/hctesting)

## What to do if you are sick

People who are mildly ill with COVID-19 are able to recover at home according to the Centers for Disease Control and Prevention (CDC).

### Here are some general guidelines to follow:

- Stay home, except to get medical care.
- Separate yourself from other people in your home.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- Cover your coughs/sneezes and clean your hands often.
- Avoid sharing personal household items.
- Clean all “high-touch” surfaces every day

For more information on how you can prevent the spread of COVID-19 if you are sick, please visit [tampagov.net/COVID-19](https://tampagov.net/COVID-19)

## ARE YOU AT A HIGHER RISK FOR SEVERE ILLNESS FROM COVID-19?

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

### Certain pre-existing conditions can put people of all ages at higher-risk:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised  
*Examples: cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, prolonged use of immune weakening medications like corticosteroids*
- People with severe obesity
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

More information for people who need to take extra precautions can be found at [cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## FACE COVERINGS

Please note that you are strongly encouraged to wear a face covering any time that you are in public and can not maintain a 6-foot physical distance between yourself and others.