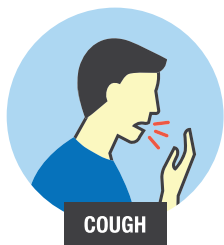
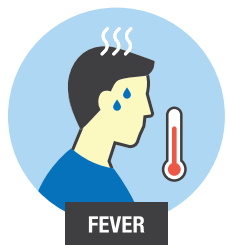


WHAT TO DO IF YOU HAVE COVID-19 SYMPTOMS

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

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

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

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.