



**TOOLBOX TOPIC:
COVID-19 AWARENESS**

Job Name: _____ Date: _____

Now that the state is in its second phase of reopening we are seeing an uptick in COVID-19 cases. This is a time in which we need to be diligent in our safe practices and avoid the trap of complacency.

Remember to take the appropriate measures each day to not only to protect yourself but to help protect your family, friends, and co-workers from becoming ill as well.

Prevention Measures:

- Stay at least 6 feet from other people (social distance).
- Wear a face covering in public settings, especially when social distancing cannot be maintained.
- Do not touch your face.
- Clean and disinfect frequently touched objects/surfaces.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol content.
- Stay home and contact your supervisor if you start to present symptoms. (Even if you recently had a negative COVID test)

Related symptoms (may appear 2-14 days after exposure):

- Fever (100.4*) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Emergency warning signs (seek emergency medical attention):

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to awaken or stay awake
- Bluish lips or face (low oxygen saturation)

Attended by:



**TOOLBOX TOPIC:
COVID-19 AWARENESS**

There are also an abundance of resources available. If you have any concerns, questions, or simply feel like getting yourself tested, please see the resource links below for clinic testing locations and online self-assessments that will help guide your decision making during this stressful time.

List of facilities that offer COVID-19 testing. See associated links for locations and scheduling.

MedExpress does not require an appointment or referral:

https://www.medexpress.com/virtual-visits.html?utm_source=me.com&utm_medium=internal&utm_campaign=LocalCenterFL

CVS/Minute clinic requires an appointment but no referral. Make an appointment online:

<https://www.cvs.com/minuteclinic/covid-19-testing?icid=poct-covid19-mc-clinicvisit-tab-link>

Tampa General Urgent Care

<https://www.fasttrackurgentcare.com/coronavirus-information>

Concentra Urgent Care offers COVID-19 and antibody tests.

<https://www.concentra.com/coronavirus-2019-covid-19/>

Self-assessment tool: Use the self-assessment for additional guidance on when to seek medical attention.

Baycare:

<https://baycare.clearstep.health/covid19>

Tampa General Hospital:

<https://www.tgh.org/covid-19-self-assessment>

Mayo Clinic:

<https://www.mayoclinic.org/covid-19-self-assessment-tool>

Google/CDC:

<https://landing.google.com/screener/covid19>

Apple/CDC:

<https://www.apple.com/covid19/>

Attended by:
