

The following is a short fact sheet which I put together with recommendations from several sources including the CDC, State of Florida, WHO and other peer review sites. I hope this will be helpful.

Covid-19 appears to **spread** from person-to-person **via respiratory droplets** and happens most frequently among close contacts (within about 6 feet). On the other hand, transmission to persons from surfaces contaminated with the virus has not been documented there remains a possibility. Current evidence suggests that it may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

80 percent of cases are mild, 15 percent require a hospital stay and only about 5 percent become severe. High risk groups include older greater than 70 years, frail, multiple chronic illnesses and those who may have a documented immune issue.

Although the risk for contracting coronavirus is low, the situation is evolving. Individual doctors do not have test kits. Laboratories in Miami, Jacksonville and Tampa test for the virus. Roche has just received approval for a test kit and LabQuest and Quest Labs are gearing up to provide it through your Physician offices and other sites in the near future. If you think you might have covid-19, call the county health department.

COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

Common Sense Recommendations

Hand washing cannot be overstated as an essential basic measure in preventing the spread of disease. Wash your hands frequently especially after blowing your nose, coughing, or sneezing. After using the restroom. Prior to eating or preparing food. Upon contact with animals or pets. Finally, prior to and after providing routine care for another person who needs assistance (e.g. a child or elderly person) and including immediately after removing gloves.

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Provisions that will last a few weeks. If COVID-19 is spreading within your community and you're worried about going to the grocery store, it may be prudent to stock up on some household supplies like toilet paper, nonperishable food like beans, rice and frozen produce and critical medicine.

Nonprescription medications like Acetaminophen and ibuprofen products: Always good to have on hand for helping with fevers and associated aches.

Cleaning products like Bleach and alcohol and paper towels are good to have for wiping down frequently used hard surfaces. Create a regular cleaning schedule for frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks) with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions

Tissues: Help us all out and cover your coughs and sneezes. Throw tissues away if they're dirty. Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds. If you need to cough or sneeze use your elbow if no tissue is available

Gloves: A good option if you're caring for someone who's sick. It is also useful for cleaning.

Masks: Regular masks do not protect against droplet infections like those caused by Covid -19 or even the common cold. It does however help against self-transmission as it is a barrier preventing the touching of one's own mouth or nose. A special mask; the N95 Mask does protect from the virus as it blocks the viral particles. These should be prioritized for health care workers per the surgeon general who are in direct contact with ill patients.

Get immunized against the flu. This will help protect you from the flu which is more common than the Covid-19 infection and also avoid unnecessary concern.

Stay home if you are sick. (don't wait until you are VERY SICK). In the event of a possible exposure place yourself in self isolation.

Simple "social distancing" measures.

Use verbal salutations in place of handshakes and hugs

Don't share utensils cups and linens.

Whenever possible, try to keep six feet between you and other people that you don't know at large events.

Animals: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

As more resources are mobilized and with the advent of Summer by May the worse should be over. How we respond as a Community is critical. This is the time for us to look out for our neighbors, assist wherever possible and not give in to hysteria or fear.

The Town Administration, your Commissioners and the Mayor are here to help and keep you updated on any changing situations. We have the finest Police force in the State who will continue to do welfare checks and assist the vulnerable members of our community. I will also be available at any time to help.

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