

COVID19 is caused by a coronavirus called SARS-COV-2

Residents living in retirement communities are at higher risk for severe illness or more serious complications due to:

Risk of increase with age ~ Low immune system ~ Obesity ~
Chronic kidney disease ~ Cancer ~ COPD ~ Heart conditions ~
Diabetes ~ High blood pressure ~ Lung disease.

Additionally, we are at high risk of contraction and spreading the virus due to: frequent social activities, being in communal areas, participating in community activities, group dining, group outings, shared transportation and such. The more a resident interacts with, the longer that interaction, the higher the risk of COVID19 spread.

Higher risk settings: Residents spend a lot of time indoors together, visiting at each others homes, as well as communal areas, may not at ALL times remain a "minimum" of 6' apart, not always wearing masks, spending time in larger communities (outside Holiday Park) and when non essential visitors are not restricted.

Close Contact: 6' or less distance for 15 minutes or longer WITH or without masks. (Brevard County Health Department)

Respiratory droplets released when infected individual TALKS, coughs or sneezes spreads COVID19. This can be contracted from touching a surface or object that has the viral spores on it then touching your mouth, nose or eyes. Usually within 2-14 days **after** exposure symptoms can appear.

Asymptomatic: infected & contagious individual that exhibit no symptoms.

*Anyone who has come in "close contact" with a COVID + person should quarantine!! Contact the Brevard Co. Health Department or HP Manager.

Even with masks on, maintain at least 6' distance because masks are not the most efficient method of protection from this highly transmissible, hard to kill virus.

Socialize Safely: Mask up + Minimum 6' apart + Meet outdoors

COVID-19: Quarantine vs. Isolation (CDC) Center for Disease Control

***QUARANTINE:** for people who are not sick but may have been exposed.

Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

If you had close contact with a person who has COVID-19:

Stay home until 14 days after your last contact.

Check your temperature twice a day and watch for symptoms.

Stay away from people who are at higher-risk for getting very sick from COVID-19.

By self-quarantining you lower the chance of possibly exposing others to COVID-19.

***ISOLATION:** separates sick people with a contagious disease from people who are not sick, even in his or her own home.

If you are sick and think or know you have COVID-19:

Stay home until after at least 10 days since symptoms first appeared AND

At least 24 hours with no fever "without" fever reducing medications AND

Symptoms have all improved.

If you tested positive but did not have symptoms:

Stay home until after 10 days have passed since your positive test or authorization to do so from the Department of Health or physicians advice.

If you live with others, stay in a specific "sick room" or area away from other people, animals, including pets. Use a separate bathroom if available.

Symptoms may appear 2-14 days after exposure the virus. People with these symptoms may have COVID-19:

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell (may last 9-14 days)

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

Eye problems

Loss of appetite

Neurological symptoms

***Emergency signs – seek medical care immediately:**

Trouble breathing

Persistent pain or pressure in the chest

New confusion

Inability to wake or stay awake

Bluish lips or face

Seizures

Stroke