

WE NEED YOUR HELP in battling COVID-19

We know some of you may be concerned about the spread of COVID-19 (the novel coronavirus) being reported in the media and how it may impact us here at the communities. Ensuring residents are served in a safe and healthy environment along with the safety of our employees is our greatest concern. The Centers for Disease Control and Prevention (CDC) have recommended a variety of steps that we are implementing to help reduce the potential for the virus to enter our community, common areas, or apartment homes.

We will send out updated information about COVID-19 regularly to keep you informed. This is a rapidly developing situation, so it is important that you stay informed from CREDIBLE sources like the Florida Department of Health and the CDC. Be wary of false information promoted via social media.

Below are some examples of how we can help protect each other and prevent the spread through the community.

- Practice Good Hand Hygiene.
- Call your medical providers if you experience ANY symptoms of respiratory illness so that you can follow the correct infectious disease protocol BEFORE visiting a medical facility.
- Symptoms include cough, fever, sore throat, runny nose, and/or shortness of breath.
- Check with your insurance companies for the appropriate resource available through your insurance provider.

Potential COVID-19 symptoms can include fever, cough, runny nose and shortness of breath. If you feel like you are developing symptoms, stay home and call your doctor.

If you feel ill or suspect that you may have been exposed to COVID-19:

- Stay home and call your doctor. Do not visit common areas or interact with neighbors.
- Call your healthcare provide and let them know your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed. Follow instructions of your healthcare provided for next steps.

EACH OF US CAN TAKE EVERYDAY PRECAUTIONS TO PROMOTE HEALTH:

- Clean your hands often with hot water and soap. You should wash for at least 20 seconds.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing or having been in a public place.
- If soap and water is NOT AVAILABLE, use a hand sanitizer that contains at least 60% alcohol.

- To the extent possible, avoid touching high-touch surfaces in public places. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Avoid touching your face, nose, eyes, etc.
- Clean and disinfect your home to remove germs, especially frequently touched surfaces like doorknobs, cell phones, faucets, light switches, etc.
- Avoid all non-essential travel.
- Avoid groups of people and close contact with people who are sick.
- Make sure your vaccinations are up to date and be sure to get your annual flu shot. While these measures will not protect you for COVID-19 virus, they will help to keep you healthy and prevent other illnesses from weakening your immune system.

The CDC has recommended that travelers that have been on a cruise in the past 14 days take the following precautions:

- Monitor your health and limit interactions with others for 14 days after returning home
- Practicing social distancing during this time can help limit the potential spread of any illness. Out of respect for the community, please do not visit common areas or interact in large groups until the 14-day incubation period has passed and you are symptom-free.
- **If you need to use the elevator, avoid touching the guardrails and use disinfectants to wipe down. We will make every effort to make them available to you.**
- Seek medical advice if you feel sick with fever, cough or have trouble breathing. Stay home and call ahead before going to a doctor's office or emergency room. Tell them about your recent travel and symptoms.

While we understand that connecting with family members and friends is incredibly important, we recommend that you connect virtually (through Skype, Facebook, text and telephone).

Lastly, we recommend that residents prepare their household by stocking up on important medicines and supplies.

WE THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING AS WE MAKE EVERY EFFORT TO HELP LIMIT ANY POTENTIAL EXPOSURE TO ILLNESS.

For best and most up-to-date resource for information and guidance regarding COVID-19 in Florida, please visit the following sources.

CDC:

www.cdc.gov/coronavirus/2019-ncov/index.html

Florida Department of Health COVID-19 Call Center:

1-866-779-6121 available 24/7 or you can email COVID-19@flhealth.gov

[www.floridahealth.gov/diseases-and-conditions/ COVID-19/](http://www.floridahealth.gov/diseases-and-conditions/COVID-19/) (This is a dedicated webpage. Check this for frequent updates.)