

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Ron DeSantis
Governor

Scott A. Rivkees, MD
State Surgeon General

Vision: To be the **Healthiest State** in the Nation

Helpful information about Coronavirus 10-29-20

Covid Fatigue

After months of dealing with coronavirus in the community and in our work environment, it is normal for us to feel both physically and emotionally fatigued. We must remain vigilant in order to protect ourselves, our families, and those we serve. We are seeing a rise in the number of infected persons in our community as cooler days approach and as people return to many of the activities which bring them into contact with others. Now, more than ever, it is important that we follow the CDC guidelines which can protect us and those around us.

Wear a Mask: Masks limit the spread of droplets which contain viral particles from the mouth and nose. Your mask must always cover both your mouth and nose. Masks protect others around you from the spread of infectious droplets from your mouth and nose. Some masks can also protect you from inhaling infectious particles. If you must remove your mask to eat or drink, make sure you are distanced from others, wash your hands, and do not touch surfaces and then touch your face.

Stay Distant from Others: Viral particles can only spread so far from a person into the air before falling to the ground. The farther you are from others, the larger the space, and the more air flow (outside breeze, or HEPA filtration), the less likely you are to inhale viral particles in the air. If you must meet with others, stay as far apart as possible (minimum of 6 feet), wear a mask, and keep the meeting as short as possible.

Disinfect Surfaces: Viral particles can land on surfaces and when you touch these surfaces, you bring the virus up to your eyes, nose, or mouth and become infected. Using an approved disinfectant on the surface, kills the virus.

Wash hands or Use Hand Sanitizer Often: Keeping your hands free of viral contamination avoids bringing viral particles up to your nose, mouth, or eyes and avoids infection.

Stay Home if Sick: This is not the time to work or come to school through an illness! Stay home if you are sick.

Get Your Flu Shot: Co-infection with Covid and the flu is not something anyone wants!

Activities Outside of Work or School

Most of us do a good job at work or school following the CDC guidance, but may struggle after leaving for home and personal activities. Remember that every person you are in contact with also brings you the “germs” of the persons whom they have contacted. This means that if you get together with your good friend for 15 minutes without both wearing masks and are closer than 6 feet while talking, you are exposed not only to your friend- but to your friend’s household contacts, his/her work or school contacts, and everyone else that friend has been around in the past 14 days! This is particularly difficult with family members who share your home, or with close friends whom you are accustomed to visiting. You may be very diligent in following the CDC guidelines, but if the persons you have close contact with are not also very diligent, you share their exposure risk!

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The Coming Holidays

As you consider the coming holidays, you will want to think about how you can most safely celebrate. Consider the following:

Limit your contacts: Consider celebrating with only those in your immediate household this year. If you are going to get together with others, limit the group to a very small one and find ways to socially distance. See if those invited can “quarantine” for 14 days prior to the event or keep themselves as much to themselves as possible with no contact with others to limit their risk of bringing disease with them to dinner. If it is possible to get tested for Covid 72 hours prior to the get-together, this provides some reassurance as well.

Do not share serving utensils: Have one masked person serve food from a “buffet” while all the masked guests come through the “serving line” at a 6-foot distance from each other. Do not use table foods such as shared butter or shared salt and pepper shakers.

Reduce exposure risk while eating: Eat in a well-ventilated area in groups seated by household. Separate family groups at small tables. Dine “al fresco” if the temperature permits.

Sanitize Hands and surfaces: Provide areas to wash hands or provide hand sanitizer. Use festive paper table clothes and disposable holiday paper products.

Stay home if you are sick: Let all guests know that they need to rest at home if sick and that they should not come to events if sick.

Frequently Asked Questions about Exposures

These are frequently asked questions about Covid exposures and answers based on the current CDC guidance:

1. **If you are sick with Covid or an illness that is consistent with Covid.** You will be asked to isolate at home for 10 days from the onset of your illness symptoms and should not return to work or school until you have no fever for at least 24 hours (without using medications to lower fever) and your symptoms are improved (not necessarily gone). After 10 days you are not considered contagious. The exception is sick hospitalized persons or persons who are severely immunocompromised. These persons may need to stay out of work or school longer.
2. **If you test positive for Covid.** You will be asked to isolate at home for 10 days from your positive test. After 10 days you are not considered contagious. The exception is sick hospitalized persons or persons who are severely immunocompromised. These persons may need to stay out of work longer.
3. **If you are exposed to someone who tests positive for Covid and you are a CLOSE CONTACT to that person (within 6 feet of that person without PPE protection for at least 15 minutes).** You will be asked to quarantine at home for 14 days to see if you develop illness symptoms. Even if you have repeated negative tests, you will still need to wait the entire 14 days before returning to school or work. You could develop illness up to 14 days after exposure. After 14 days, you may return to work, school, and other activities.
4. **If you are exposed to someone who has been exposed to someone with Covid or who tested positive for Covid, but who THEMSELVES DOES NOT HAVE COVID or HAS NOT THEMSELVES TESTED POSITIVE for Covid.** You do not need to isolate. You should continue following CDC recommendations of wearing a mask, washing and sanitizing your hands, and keeping social distance from others.

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