

NEED TO KNOW



Chronicles In COVID-19



Highlights

Our new normal that isn't so normal...

As you return to work or school amidst this Coronavirus pandemic remember keep in mind the following recommendations to stay safe and well:

- Practice social distancing – if you are around other people, keep 6 feet between you, avoiding hugs, handshakes, large gatherings and close quarters.
- Frequently wash your hands for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
- Wear a face mask to cover your mouth AND nose when social distancing cannot be practiced.
- Avoid touching your face, especially your eyes, nose and mouth.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.
- Clean and disinfect frequently touched surfaces often during the day.
- Stay home if you are sick.

What to do if you are sick:

- Self-isolate at home (except to get medical care or COVID-19 testing).
- Wear a facemask if you have to be around others.
- Call The Department of Health in Okaloosa County to schedule testing, see website for testing sites, or see your own physician.
- If anyone in the home has a positive test for COVID-19, the entire household may be instructed to self-quarantine for up to 14 days or longer.
- If you have been tested for COVID-19, you should quarantine at home until the results of the test are reported.

Symptoms: fever (100.4 or higher), cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting and diarrhea.

[\(Always check the CDC's website for the most updated list of symptoms.\)](#)



Quarantine vs. Isolation

- Quarantine – stay at home
 - For people that have been exposed and may become sick.
 - If you have had close contact with a person who has COVID-19.
 - 14 days from the last contact with a person who has COVID-19
 - A negative COVID-19 test does NOT end or decrease 14 day quarantine
- Isolation –
 - For people that are currently sick (or infectious)
 - stay at home, away from others
 - With symptoms – Stay home until after
 - At least 24 hours with no fever and
 - Symptoms improve and
 - 10 days since symptoms started
 - Without symptoms – stay home until after
 - 10 days have passed since positive test.