

To: All Aquarina of Residents
Re: COVID-19 - Update #7
Date: March 30, 2020



Dear Friends and Neighbors,

This notice is to keep you updated on Aquarina related COVID-19 information and the actions we are taking for the safety of our community.

We are all struggling to make sense of what we are hearing and what we should be doing to stay safe. In this rapidly developing situation, there are some terms that you might not be familiar with. These terms can be confusing so we'd like to try and explain several to you that have relevance to us now.

Stay at Home (some other states call this Shelter in Place)

Stay at Home means you should stay at your home and limit travel to what is essential which includes necessary medical visits and trips to obtain medical supplies, drugs and food while following hygiene and social distancing recommendations. Outside local activity is permitted as long as prevention behaviors are maintained: groups no greater than 10 people, social distancing of 6 feet or more, no sharing of food or drink, effective and frequent hand washing.

Current Examples of Stay at Home:

1. The CDC has recommended that people 60 and > and all people with underlying health conditions (high blood pressure, heart disease, diabetes and/or are immune compromised) should stay home.
2. The surgeon general of Florida issued an alert stating, "Stay home if 65+ or have medical conditions and follow social distancing".

Quarantine (some states/counties/cities are telling all residents to self-quarantine)

Governments use quarantines to stop the spread of contagious diseases. Quarantines are for people or groups who don't have symptoms but were exposed to the disease. It separates and restricts the movement of people who were exposed for a prescribed period of time to see if they become sick or the threat subsides between large groups.

Current Examples of Quarantine:

1. The Governor of Florida under an [Executive Order 20-82](#) requires all people arriving to Florida from New York, New Jersey or Connecticut to quarantine at one location and monitor for symptoms for 14 days. The quarantine starts on the day of arrival to Florida. Violations are a 2nd degree misdemeanor with penalties and fines.
2. Italy as a country is under a government issued quarantine. People within Italy are restricted to their homes with outside activity heavily restricted and monitored. People within Italy are not permitted to travel and people outside Italy are not permitted entry into the country unless permitted by the government. (Some countries and states are using the term lock-down.)

Isolation (some states use the term self-isolation for people at home with COVID-19 or for those waiting for test results)

Healthcare and governments use isolation to separate sick people with a contagious disease from people who are not sick. It keeps infected people away from healthy people to prevent the spread of

the disease. Contact with others is restricted and no outside activity is permitted. Isolation lasts until the person is no longer contagious or the COVID-19 test is negative.

Current Examples of Isolation:

1. A hospitalized confirmed COVID-19 patient or a person who is displaying symptoms and waiting confirmation of the disease is placed in strict isolation. The person is isolated to a single room in the hospital. Care givers use personal protective equipment (PPEs) and the patient is not permitted visitors.
2. A person with COVID-19 who is well enough to be managed at home must isolate within the walls of their home and no outside activity is permitted. No visitors are allowed within the home other than authorized healthcare providers. Others who live within the home are also isolated within the home. The sick person should be confined to a separate bedroom and bathroom space with limited contact with each other. Everyone in the house needs to follow safety guidelines.

There are additional terms now being used that lack clarity and universal meaning, so we are not going to try and define them in more detail at this time.

Most importantly, you need to reduce *your* risk and the risk of *spreading* the virus by doing the following:

1. Follow the [President's Coronavirus Guidelines for America](#) which are *extended until April 30th*.
2. Follow the CDC Guidelines to help avoid the spread
3. Stay at home except for essential needs
4. Do not engage in group activity >10 and where social distancing is not being maintained
5. If you are sick STAY Home and contact your healthcare provider

There is a lot of new information to try and understand. None of us have all the answers, but we will try our best to use the right resources, to make the right decisions, at the right time, to help keep you and our little piece of paradise as safe as possible.

Respectfully,

Aquarina Community Services Association, Inc.

Board of Directors

Sources cited include:

<https://health.clevelandclinic.org/covid-19-understanding-quarantine-isolation-and-social-distancing-in-a-pandemic/>

<https://www.hhs.gov/answers/public-health-and-safety/what-is-the-difference-between-isolation-and-quarantine/index.html>