

COVID-19 Update & Self Management



March 24, 2020

COVID-19 Task Force



Members

- Ann Bruns
- Jamie Matthews
- Nancy McRae
- Darlene Vrotsos

Daily Phone Check In

Recommendations to the Board

Newsletters to the Community

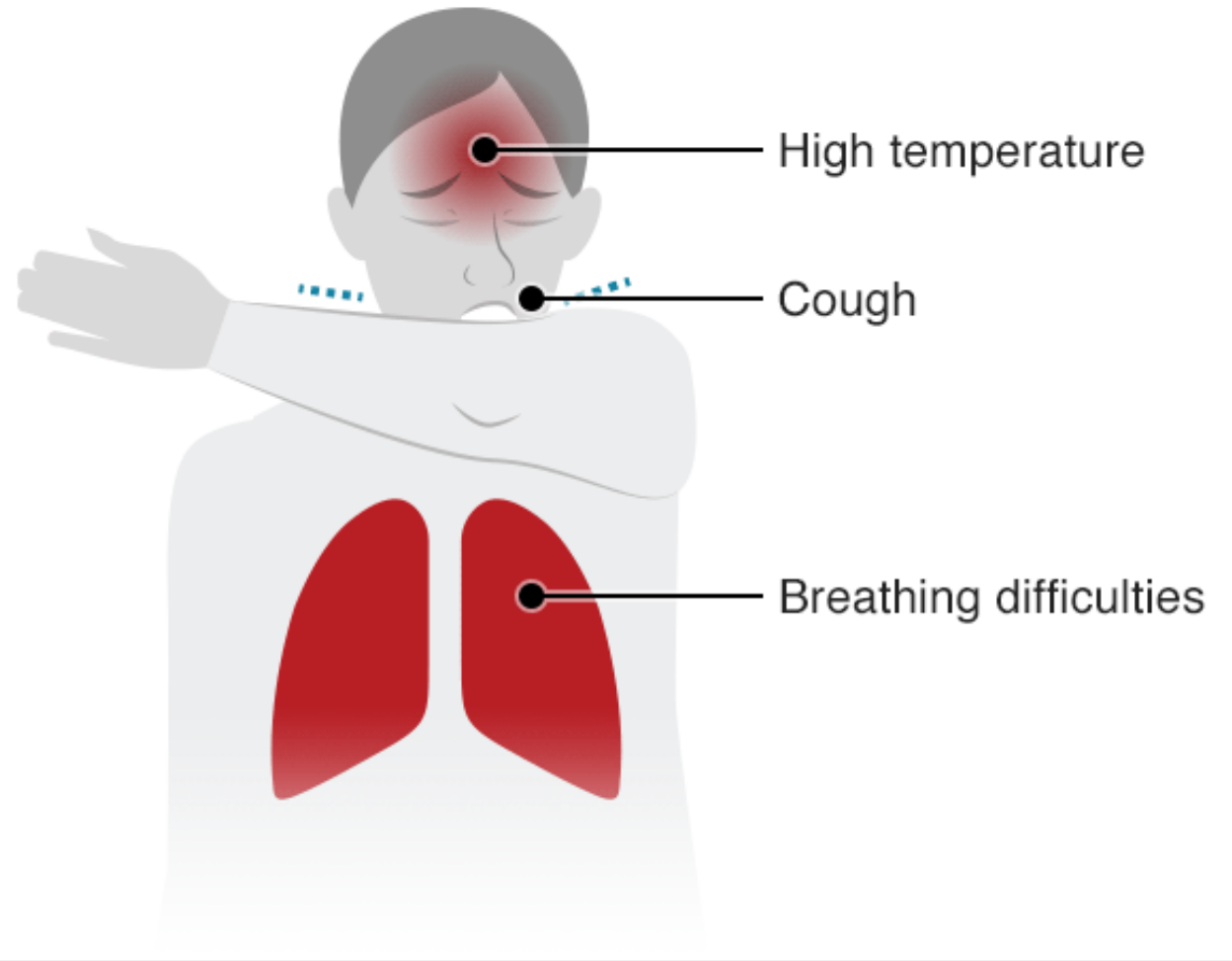
Information on Aquarina website – COVID-19 tab

[LINK TO Florida Dept of Health COVID-19 Data & Map Dashboard](#)

Self Management












Stay Home
Call your
Physician

Coronavirus: Key symptoms



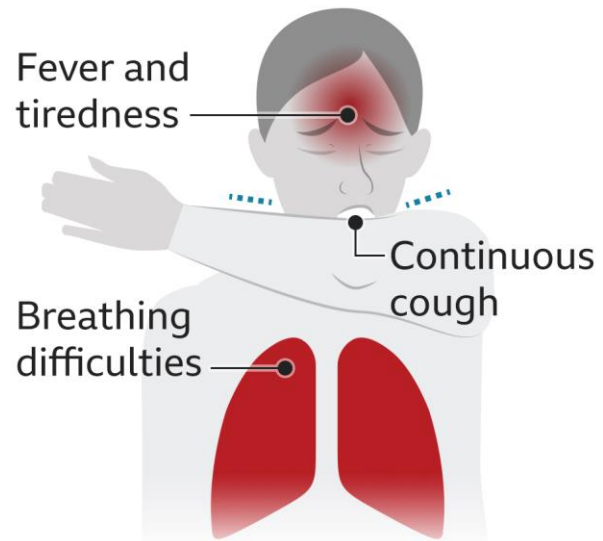
Source: NHS

BBC

Symptoms		Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
	 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
	 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
*	 Shortness of breath	Sometimes	No**	No**	No**
**	 Sneezing	No	Common	No	Common
***	 Runny or stuffy nose	Rare	Common	Sometimes	Common
	 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
****	 Fever	Common	Short fever period	Common	No
	 Feeling tired	Sometimes	Sometimes	Common	Sometimes
	 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
	 Body aches and pains	Sometimes	Common	Common	No
	 Diarrhea	Rare	No	Sometimes for children	No

*Information is still evolving. **Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention

Stay Home and Call Physician



If you live with someone who has a 'new continuous' cough or high temperature, stay at home for 14 days in case symptoms develop



Stay at least three steps away from other people in your home if possible

Health Alert: Coronavirus Disease 2019 (COVID-19)

You have traveled to a country with an outbreak of COVID-19 and are at higher risk.
COVID-19 is a respiratory illness that can spread from person to person.

Stay Home

Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.

If you feel sick and have symptoms:

- Call ahead before you go to a doctor's office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

Symptoms

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Symptoms can include:



Fever (100.4°F/38°C or higher)



Cough



Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: www.cdc.gov/COVIDtravel



A woman in a grey long-sleeved shirt, blue floral leggings, and a dark cap is jogging away from the camera on a boardwalk. In the foreground, a white sign with a red border and red text reads "SOCIAL DISTANCING APPLIES TO THE OUTDOORS!". The boardwalk features black lampposts, a grey metal railing, and a concrete bench. In the background, there are buildings and other people walking.

**SOCIAL
DISTANCING
APPLIES TO
THE OUTDOORS!**