

To: All Aquarina of Residents
Re: COVID-19 - Update #8
Date: April 1, 2020



Dear Residents and Neighbors,

Unfortunately, this is not an April fool's joke. It is nearly impossible to avoid the global, national and local news on COVID-19. Yesterday the President and members of his COVID-19 task force told us that the next several weeks are going to be very difficult and that we are all likely to be impacted by who and how this disease progresses from here. During times of crisis it is important to make decisions based on facts and to promote timely communication based on the facts *not* gossip. This newsletter is an attempt to help us all manage in this new and unknown space that the coronavirus has brought us to.

Updates:

Self-reporting cases in Aquarina

The Aquarina resident who has been tested for COVID-19 is stable, at home and awaiting results of the test. A family member is also present in the home and is well. Both are informed of the need to stay quarantined until otherwise instructed by the medical community. We are grateful to this individual who reached out to us and asked us to let the community know. In other words, this person graciously stepped forward to benefit each of us. We owe a debt of gratitude to this person as the need to prepare and be aware has hit home. Thank you.

As the COVID-19 Task Force and Board, we find no clearly charted path on releasing specific case information to the community. We need to try and find the balance of the individual resident's rights for privacy and the community's need/right to know in order to make appropriate decisions. Legal direction at local, state and national levels agree this is a "conflicted and unprecedented dilemma". We have and continue to reach out to legal and expert advice, sit in on webinars and research the web for models to help guide us. Self-reporting cases to the HOA is one of the most common approaches and is what we are asking of our community residents at this time.

Testing

The news that we're hearing about rapid turnaround times for COVID-19 testing has not yet made its way to this part of Florida. The average test turnaround in Brevard county remains 4-10 days based on the test load at the county and state level in their approved labs. The present system for infectious diseases was designed for accuracy not expediency and has been an impediment in managing this disease. If you're watching what is happening in Dade (2,123 cases) and Broward (1219) counties where the confirmed cases are much higher than Brevard (37) and Indian River (33), you can see where the resources for lab testing has needed to go first. There are growing concerns that the actual number of COVID-19 cases in Brevard County are much higher and will spike as soon as widespread local testing with shorter turnaround times is implemented. The state is setting up some drive through sites, none yet near us, but please be advised that criteria must be such as a physician's order. This is not an on-demand test.

Managing Stress

The emotional and physical stress of living through a crisis is real and is emerging as a growing topic related to COVID-19. We sense threat and to help us cope we act in ways that reflect what we think we can control like hoarding toilet paper, cleaning products and food. As we process the growing threat and it becomes more real, we realize what we need to do like stay at home, cancel visits and travel, decrease our interactions with others and address our hygiene habits. Reality sets in and along with it the lack of socialization and freedom of movement, grief for our lost lifestyle can set in. The good news is that many people are finding innovative ways to ride this out and thrive. Going outside while maintaining social distancing, if not in strict quarantine or isolation, is recommended and shown to be a stress reducing activity. Regularly checking in with friends, neighbors and those at highest risk and/or are alone is also highly recommended. Many folks have turned to the internet to reconnect. They are finding ways to adapt the activities they enjoy, like book clubs, painting classes, shared games, religious/educational studies, yoga and talent shows by using free web services like ZOOM as a platform. We'd like to encourage Aquarina residents to look into these possibilities, to reach out to your interested friends and neighbors. If you want to make it available to the whole HOA we could list it on our Aquarina website for people to consider joining. Please visit the Aquarina [COVID-19](#) webpage to share your idea! We will share the ideas on the following Aquarina webpage: <https://aquarinabeachandcountryclub.com/virtual-social-activities/>

Moving Forward

Now is a time to be kind and responsible to yourself and to others. While we do not have direct control of what is happening with this pandemic, we can impact how we respond as individuals and as a community. Nationally, we've been asked to help flatten the curve. At Aquarina, we have the opportunity to smash the curve if we choose to follow the guidelines, recommendations and orders given to us and if we look out for each other.

Respectfully,

Aquarina Community Services Association, Inc.

Board of Directors

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