

To: All Aquarina of Residents
Re: COVID-19 - Update #27
Date: November 16, 2020



Dear Residents and Neighbors,

The "Aquarina bubble" that we might have thought we lived in no longer exists and probably never did. The COVID-19 task force (CTF) has been notified of additional cases that occurred here in Aquarina over the past months. In this newsletter, we will share what we know and try to address some frequently asked questions while being respectful, compassionate and confidential.

The person in our most recent case returned to Aquarina unaware they had the virus and made contact with a number of residents before becoming ill and testing positive. This individual was in several homes and a meeting at the Community Center. Last Wednesday, this person golfed and was on the Brassie patio for lunch and the 5PM golf cart drive by. As best as we know, those who had close contact with this person are aware. This individual is now recovering in home isolation and has been contacted by the Brevard County Department of Health. Best wishes for a speedy and healthy recovery.

Both the Community Center and the Brassie patio have been appropriately sanitized. While the risk is never zero, the greatest risk for contamination has been within indoor spaces where social distancing and masking recommendations are not followed and there is heavy exhalation involved like gyms and yoga spaces. More recent research on surfaces alone carry a lower risk for contamination than first thought. These studies were in actual situations rather than the earlier lab simulated studies that included very high viral loads. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7333993/>

There is additional news, several other residents recently informed members of the CTF that they previously had COVID-19 while here in Aquarina. However, out of their concern for negative reaction from others, they chose not to tell anyone and to recover quietly at home. No one wants to have COVID-19 or expose others to it. **The CDC is now asking that we all behave as if everyone has COVID-19 (including ourselves) and act accordingly.** States are in the process of initiating additional restrictions and mandates. Florida as of this date has not. For now, avoid groups, wear a mask, wash your hands frequently, and get tested as needed. Quarantine if you are awaiting test results and/or have symptoms and of course **isolate within your house if you are positive.**

It is important that we all treat each other with respect, compassion and understanding. We need to care enough about protecting others as much as we want others to protect us. With the current increases and the associated risks, any of us could be the next positive case and no one wants to be ostracized and criticized especially while trying to recover from a potentially life-threatening disease. <https://www.cdc.gov/coronavirus>
<https://covidactnow.org/?s=1327329>

FAQs. Frequently Asked Questions and recommended websites for answers

Below are the some of the questions that the CTF has been asked. After each is the quick, short answer in yellow but we strongly encourage you to go to these sites yourself and find the information you are looking for or call your healthcare professionals.

1. *What should I do if I have been in recent contact with someone who has just tested positive for COVID-19?* The greatest risk is if the contact was indoors, within 6 feet of the person and if the contact was 15 minutes or greater especially if heavy exhalation was involved. Be alert for symptoms, know your risks, consider being tested and contact your physician with questions.

2. *What are the symptoms, and what do I do if I start to display symptoms?* People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

3. *When should I get a test?* You should be tested if you have been exposed to someone with COVID-19 or if you want to be tested for peace of mind even if you don't have symptoms. The CDC is recommends testing 5 days after exposure or sooner if you have symptoms. There is a lot of VERY good information on the CDC website that can't be summarized in a short answer. We recommend you go to "Testing" on the website below. We've also included an excellent COVID-19 article on what to do if you've been exposed from Harvard Medical School.

<https://www.cdc.gov/coronavirus/2019-ncov/testing/index.html>

<https://www.health.harvard.edu/diseases-and-conditions/if-youve-been-exposed-to-the-coronavirus>

4. *When should I quarantine/isolate and for how long?* There is a lot of confusing information out on quarantine and isolation. The short answer if you have been exposed and/or have symptoms, you should stay home as much as possible and wear a mask, social distance, get a test until test results are back. If your test comes back positive for COVID-19 you should isolate at home. This means that you and those living in your home DO NOT LEAVE the house until the date given to you by the Department of Health or your physician. If you choose not to get a test and you think you

have COVID-19, you and those living in your household should NOT LEAVE the house for 14 days unless you need urgent/emergency care.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

5. How do I find a test site, is it free, do I need an appointment? Two of the closest test sites are in Indialantic on 5th Ave *192) at the CVS drive through and Surfside Urgent Care. Please call them directly for the most recent information regarding times and need for appointments. There is a FREE state supported COVID-19 test site in Palm Bay at the Eastern Florida Community College which may be a good option for our Canadian residents. Check these websites.

<http://www.211brevard.org/covid-19-testing-sites/>

https://www.google.com/search?rlz=1C5CHFA_enUS853US853&ei=K6WyX9WeEcWQ5gKo5YPYCG&q=covid-19+testing+near+me

6. If I've had COVID-19, how long am I immune? This is still being heavily studied. Research has shown antibodies develop about 3 weeks of contracting the disease and probably last between 3 and 7 months. CDC and NIH ask that you NOT rely on COVID immunity alone to prevent a 2nd COVID infection. Everyone should still follow all of the guidelines.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

Looking Forward

If/when cases increase within Aquarina, it might not be possible for the CTF to follow up with this level of detail and explanation to the community. The case and information gathering and analysis needed involves many, many hours and collaboration within the CTF. We will do our best and we ask the same from you. You are at risk. We are all at risk. There is nothing positive to achieve by wasting energy on blaming others. We are in this together and it is each resident's responsibility to do their best to not spread this virus. Please be very careful with your Thanksgiving and holiday plans and act responsibly. That is the best we all can do as we await the vaccines and better days.

Be smart, avoid groups, social distance, wear a mask and stay safe.

Respectfully,

Aquarina Community Services Association, Inc.

Board of Directors

<https://aquarinabeachandcountryclub.com/covid-19/>