

To: All Aquarina of Residents
Re: COVID-19 - Update #28
Date: November 23, 2020



Dear Residents and Neighbors,

The purpose of this newsletter is to follow up with the community on two COVID-19 topics. One is *sharing names of those in our community who test positive*, and the other is a series of questions around *when to quarantine or isolate* if you've been exposed to someone who has tested positive, or if you've been tested.

SHARING OF NAMES

It is the ongoing position of the ACSA board that we will not share the names of individuals who have confidentially notified us that they are positive with COVID-19. This topic was discussed at the most recent board meeting on Tuesday, November 17th. Unless the State of Florida issues a new mandate, HOAs do not have the authority to require notification or disclose any resident healthcare information, including COVID-19. A review of HOA and legal literature on the matter overwhelmingly advises *not releasing any identifying information* to the community. All that said, it is the right of those who have tested positive to inform others and we will continue to support their efforts.

Below is a link to a brief legal blog Q&A on the topic for your review from one law firm. Please note that even though this attorney states there *might* be an argument in the court of law for knowing the names of those who've tested positive, his opinion applied to those living in **multi-unit** dwellings such as condos. Additionally, as the attorney points out, there is *still no precedent* and he *does not recommend* that pathway.

As the Center for Disease Control (CDC) advises, we recommend that we should assume everyone is a potential positive and respond accordingly.

<https://www.floridacondoalawblog.com/2020/04/13/covid-19-qa-part-ii/>

QUARANTINE AND ISOLATION

When Should You Start and When You Can Discontinue:

This information continues to evolve as we learn more and more about this new disease. Rather than us trying to interpret what the expert recommendations and guidelines are, we are sharing two (2) highly reputable sources for your review. Again, as an HOA, we do not have the authority to mandate behavior around healthcare. Rather it is all of our individual responsibility to follow governmental and healthcare recommendations.

For your convenience, we are sharing two (2) lengthy quotes from respected resources to help you use as guidance along with the information you receive from your personal healthcare provides.

1. The following is copied directly from the *Center for Disease Control (CDC)*

You can read the entire posting at:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html#:~:text=For%20all%20of%20the%20following,quarantine%20and%20be%20around%20others>

When to Quarantine

Stay home if you might have been exposed to COVID-19.

Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Quarantine or isolation: [What's the difference?](#)

Quarantine keeps someone who might have been exposed to the virus away from others.

Isolation keeps someone who is infected with the virus away from others, even in their home.

Who needs to quarantine?

People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 **and recovered** do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

Confirmed and suspected cases of reinfection of the virus that causes COVID-19

Cases of reinfection of COVID-19 have been reported but are rare. In general, reinfection means a person was infected (got sick) once, recovered, and then later became infected again. Based on what we know from similar viruses, some reinfections are expected.

When to start and end quarantine

You should stay home for 14 days after your last contact with a person who has COVID-19. **Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.** Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

2. The following information is from the *Harvard Health Publishing*

You can read the entire article at:

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

How long after I start to feel better will be it be safe for me to go back out in public again?

The most recent CDC guidance states that someone who has had COVID-19 can discontinue isolation once they have met the following criteria:

1. It has been more than 10 days since your symptoms began.
2. You have been fever-free for more than 24 hours without the use of fever-reducing medications.
3. Other symptoms have improved.

The CDC is no longer recommending a negative COVID-19 test before going back out in public. Anyone who tested positive for COVID-19 but never experienced symptoms may discontinue isolation 10 days after they first tested positive for COVID-19.

Even after discontinuing isolation, you should still take all precautions when you go out in public, including wearing a mask, minimizing touching surfaces, and keeping at least six feet of distance away from other people.

What's the difference between self-isolation and self-quarantine, and who should consider them?

Self-isolation is voluntary isolation at home by those who have or are likely to have COVID-19 and are experiencing mild symptoms of the disease (in contrast to those who are severely ill and may be isolated in a hospital). The purpose of self-isolation is to prevent spread of infection from an infected person to others who are not infected. If possible, the decision to isolate should be based on physician recommendation. If you have tested positive for COVID-19, you should self-isolate.

You should strongly consider self-isolation if you

- have been tested for COVID-19 and are awaiting test results
- have been exposed to the new coronavirus and are experiencing symptoms consistent with COVID-19 (fever, cough, difficulty breathing), whether or not you have been tested.

You may also consider self-isolation if you have symptoms consistent with COVID-19 (fever, cough, difficulty breathing) but have not had known exposure to the new coronavirus and have

not been tested for the virus that causes COVID-19. In this case, it may be reasonable to isolate yourself until your symptoms fully resolve, or until you are able to be tested for COVID-19 and your test comes back negative.

Self-quarantine for 14 days by anyone with a household member who has been infected, whether or not they themselves are infected, is the current recommendation of the White House task force. Otherwise, voluntary quarantine at home by those who may have been exposed to the COVID-19 virus but are not experiencing symptoms associated with COVID-19 (fever, cough, difficulty breathing). The purpose of self-quarantine (as with self-isolation) is to prevent the possible spread of COVID-19. When possible, the decision to quarantine should be based on physician recommendation. Self-quarantine is reasonable if you are not experiencing symptoms but have been exposed to the COVID-19 virus.

What does it really mean to self-isolate or self-quarantine? What should or shouldn't I do?

If you are sick with COVID-19 or think you may be infected with the COVID-19 virus, it is important not to spread the infection to others while you recover. While home-isolation or home-quarantine may sound like a staycation, you should be prepared for a long period during which you might feel disconnected from others and anxious about your health and the health of your loved ones. Staying in touch with others by phone or online can be helpful to maintain social connections, ask for help, and update others on your condition.

Here's what the CDC recommends to minimize the risk of spreading the infection to others in your home and community.

Stay home except to get medical care

- Do not go to work, school, or public areas.
- Avoid using public transportation, ridesharing, or taxis.

Call ahead before visiting your doctor

- Call your doctor and tell them that you have or may have COVID-19. This will help the healthcare provider's office to take steps to keep other people from getting infected or exposed.

Separate yourself from other people and animals in your home

- As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available.
- Restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. When possible, have another member of your household care for your animals while you are sick. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a face mask.

Wear a face mask if you are sick

- Wear a face mask when you are around other people or pets and before you enter a doctor's office or hospital.

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues in a lined trash can.
- Immediately wash your hands with soap and water for at least 20 seconds after you sneeze. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Don't share personal household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- After using these items, they should be washed thoroughly with soap and water.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

- Clean and disinfect areas that may have any bodily fluids on them.
- A list of products suitable for use against COVID-19 is available [here](#). This list has been pre-approved by the US Environmental Protection Agency (EPA) for use during the COVID-19 outbreak.

Monitor your symptoms

- Monitor yourself for fever by taking your temperature twice a day and remain alert for cough or difficulty breathing.
- If you have not had symptoms and you begin to feel feverish or develop measured fever, cough, or difficulty breathing, immediately limit contact with others if you have not already done so. Call your doctor or local health department to determine whether you need a medical evaluation.
- Seek prompt medical attention if your illness is worsening, for example if you have difficulty breathing. Before going to a doctor's office or hospital, call your doctor and tell them that you have, or are being evaluated for, COVID-19.
- Put on a face mask before you enter a healthcare facility or any time you may come into contact with others.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have or are being evaluated for COVID-19. If possible, put on a face mask before emergency medical services arrive."

In Conclusion:

The ACSA board supports the belief that each of us are individually responsible to help ourselves, each other, and our community stay healthy. As volunteers our mission is to educate, inform, and update our residents regarding best practices and mandates. The board is also responsible to enact operational changes to our properties and amenities as appropriate and/or required. Each one of us is responsible for staying aware of what is required of them and for making the right choices as we are all in this together.

Plan your holidays responsibly. Be smart, wear a mask and social distance.

Have a Healthy and Happy Thanksgiving.

Respectfully,

Aquarina Community Services Association, Inc.

Board of Directors

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