

COVID-19 Detection Protocol

In the event of a resident or staff testing positive, or is suspected of being positive, residents and staff should follow these tips from the CDC and Florida Department of Health;

1. Self-quarantine yourself and members in your household for 14 days.
2. Stay home from work, school, and other public places.
3. Monitor symptoms carefully. If symptoms worsen, call your doctor right away.
4. Get rest and stay well-hydrated.
5. If you have a medical appointment, call your doctor ahead of time and tell them that you have or may have COVID-19.
6. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
7. Cover your cough and sneezes with a tissue or the bend of your arm.
8. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
9. As much as possible, stay in a specific room and away from other people in your home. If available, use a separate bathroom. If it is necessary to be around other people in or outside of the home, wear a facemask.
10. Avoid sharing personal items with other people in your household (e.g., dishes, towels, etc.)
11. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to label instructions.
12. Keep track of people you have been in contact with for accurate contact tracing.
13. Contact your property manager or supervisor and report that you have COVID-19 like symptoms (cough, fever, tiredness and difficulty breathing in severe cases).

Call:

Palatka Fire and Rescue (non-emergency)
(386) 329-0892

Putnam County Health Department
(386) 326-3200

Palatka Police Department
(386) 329-0115

Putnam County Community Medical Center
(386) 328-5711

Putnam County Sheriff's Office
(386) 329-0800

Putnam County COVID-19 Information Call Center
(386) 329-1904

Putnam County COVID-19
Recorded Information Line
(Hours of Operation & Website Info)
(386) 326-7132

Florida Department of Health COVID-19
Information Line
(866) 779-6121

Visit:

www.putnam.floridahealth.gov
<http://main.putnam-fl.com/>
<http://www.floridahealth.gov/>



If you have been told You Have COVID-19

Take care of **YOURSELF**

Follow CDC recommendations for home care after testing positive for COVID-19.
(<https://tinyurl.com/careforyourself>)

- Stay home
- Stay in touch with your healthcare provider and follow their advice
- Stay away from others

NOTIFY your close contacts

Alert people that you have been in close contact with while ill that you have tested positive.

Tell them to self-isolate for 14 days.

Ask them to monitor their health for signs of COVID-19.

(<https://tinyurl.com/thesearethesympoms>)

CALL your local county health department

Call your local county health department or the COVID-19 Call Center for questions and additional guidance.

1(866)779-6121

floridahealthcovid19.gov
cdc.gov/coronavirus

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

- 1. Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



- 3. Get rest and stay hydrated.**



- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



- 6. Cover your cough and sneezes.**



- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



For more information: www.cdc.gov/COVID19
<https://tinyurl.com/u7oyx4s>



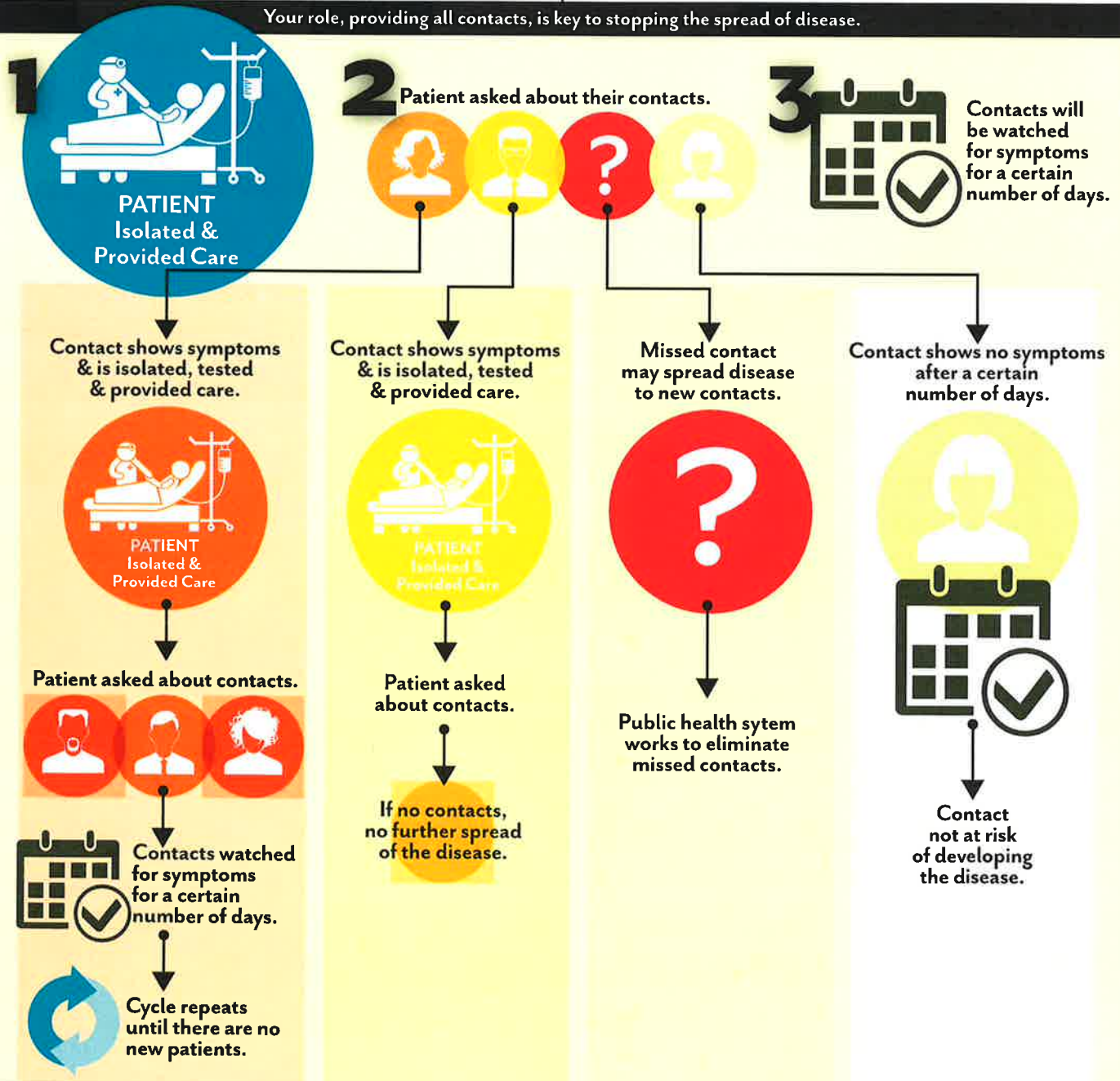
Contact Tracing Can Contain Infectious Disease Outbreaks

FloridaHealth.gov • Florida Department of Health

If you are diagnosed with a certain disease, you will be asked by a local public official—an epidemiologist—about everyone with whom you have had contact. The epidemiologist will talk to each person and ask them about their health. This is called contact tracing and is a core public health function.

- Contact tracing tracks and prevents the spread of disease.
- Epidemiologists find everyone who has been in contact with the sick person.
- Contacts are watched for symptoms for a certain number of days.

Your role, providing all contacts, is key to stopping the spread of disease.



Local county contact information can be found at FloridaHealth.gov.