Mission:
To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.

Florida HEALTH

Vision: To be the **Healthiest State** in the Nation

Ron DeSantis
Governor

Scott A. Rivkees, MD
State Surgeon General

FLORIDA DEPARTMENT OF HEALTH IN MONROE COUNTY COVID-19 UPDATE
3/1/2021

COVID-19 INFORMATION

For your safety and the safety of staff, all services at the Florida Department of Health in Monroe County (DOH-Monroe) are currently by appointment only. Call (305) 293-7500.

For questions, please call the State COVID-19 Call Center 24/7 at 1-866-779-6121 or email COVID-19@flhealth.gov. For local testing information, visit: Monroe.flhealth.gov/covid19. Online COVID-19 information can be found at floridahealthcovid19.gov or at CDC.gov.

Learn more about COVID-19 vaccines in Florida at: floridahealthcovid19.gov/covid-19-vaccines-in-florida. Vaccine summary at: tinyurl.com/vacsummary.

A MESSAGE FROM DOH-MONROE

- For Monroe County vaccine information, visit monroe.flhealth.gov/vax
- For Monroe County testing information, visit monroe.flhealth.gov/covid19
- Remember, if you have symptoms or tested positive for COVID-19, or were a close contact of a positive person, to quarantine or self-isolate, you must separate yourself from others in the home. Stay in a separate bedroom and use a separate bathroom, if possible.
- **If a contact tracer calls you, please cooperate and answer the phone or call right back.**

SLOW THE SPREAD OF COVID-19

What is a Close Contact?
A close contact of a COVID-19 positive individual is considered anyone who has been within 6 feet or less of the positive individual for 15 minutes or more in a 24-hour period, regardless of whether the individuals were wearing a mask. Effective masks are snug to the face without hindering breathing and must always cover your nose and mouth. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive for COVID-19. See the link for more information: https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html.

I Tested Positive for COVID-19. Now What?
If you tested positive for COVID-19, you need to stay home and isolate per the guidance provided by public health officials. This means no trips to the store or other outings, even if you do wear a face mask. If you think or know you had COVID-19, and had symptoms, you can be with others 10 days since symptoms first appeared and 24 hours have passed with no fever without fever-reducing medication and symptoms have improved. If you tested positive with no symptoms of COVID-19, you can be with others after 10 days have passed since your test date. Follow this link to stay up-to-date: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html.

When can I return to work or school?
People who test positive for COVID-19 should isolate for 10 days from the start of any symptoms, or 10 days from their test date if they had no symptoms. If after the full 10 days of isolation, the person's symptoms have improved, and they have had no fever for at least 24 hours (without the use of fever reducing medication), they are considered not contagious and may return to work, school, and other activities. Per the CDC, **retesting is not recommended** as a positive result may continue to occur

Florida Department of Health in Monroe County
1100 Simonton Street, Key West, FL 33040
Monroe.FLHealth.gov

PHAB
Accredited Health Department
Public Health Accreditation Board

Mask Up, Monroe County!
Monroe County remains under a mask mandate as passed by the Board of County Commissioners. All persons over the age of six are to wear a facial covering inside a business establishment in Monroe County. This mandate expires June 1, 2021.

Daily Health Questions
Keeping our community safe is everyone's responsibility. Ask yourself these questions daily:
1. Do you or anyone in your household have symptoms of COVID-19? Symptoms include fever of 100.4 or above, cough, shortness of breath, difficulty breathing, chills, muscle pain, sore throat, congestion, runny nose, nausea, new loss of taste or smell.
2. Have you or anyone in your household traveled outside the country or to affected areas in the US?
3. Have you had direct contact (within 6 feet for more than 15 minutes) with anyone who has tested positive for COVID-19?
4. Is there anyone in your household under instructions to isolate due to COVID-19?

Testing Information
If you suspect you might have COVID-19, call your primary care provider, urgent care, or DOH-Monroe at (786) 910-9764 for an appointment. Visit:monroe.flhealth.gov/covid19. Remember, residents *and* visitors are responsible for keeping our piece of paradise safe and healthy.

Public Health Advisory
The Florida Department of Health recommends all individuals wear masks in any setting where social distancing is not possible, unless a child is under the age of two years. Masks are required at Monroe County Schools. Elderly and vulnerable populations should limit interactions outside the home, and all individuals should refrain from participating in gatherings of more than 10 people. Read the full Public Health Advisory issued by the State Surgeon General here: https://floridahealthcovid19.gov/wp-content/uploads/2020/08/DOH-Public-Health-Advisory-for-COVID19-7-20-2020.pdf

MENTAL HEALTH RESOURCES
Are you feeling stressed/depressed/anxious/unsure of the future? Do you need support or someone to talk to? If you are in need of mental health services, contact one of the agencies below:
• Guidance Care Center at (305) 434-7660 Option 8, available 24 hrs./7 days a week.
• National Suicide Prevention Hotline at 800-273-TALK (or 800-273-8255) to be connected to the Lifeline. You can also text "HOME" TO 741-741 or send a Facebook Message.
• Additional resources at Monroe.flhealth.gov/c19

STAY INFORMED
For up-to-date information on COVID-19 and other public health related matters, please visit the following:

DOH-Monroe website: monroe.floridahealth.gov
Monroe County Emergency Management website: monroecountyem.com/covid19
Monroe County Tourist Development Council: fla-keys.com/news/article/10775
Florida Department of Health website: www.floridahealth.gov
Florida Department of Health COVID-19 website: floridahealthcovid19.gov
Florida Department of Health Twitter: @HealthyFla