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Health Department Urges those with Symptoms to Stay Home



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(Monroe County, Fla) – To prevent the spread of infectious disease, the Florida Department of Health in Monroe County urges anyone who feels ill, has symptoms of coronavirus, or colds to stay home, especially in light of the recent rise in positive cases and high positivity rate of COVID-19 in Monroe County.

“Individuals with minor symptoms are contributing in a major way toward community spread. Anyone experiencing minor symptoms that are often confused for seasonal allergies, the common cold, and sinus infection are urged to stay home and seek testing before returning to work or school,” said Dr. Mark Whiteside, MD, MPH, Medical Director for the department.

Some examples of minor symptoms include cough, sore or “scratchy” throat, headache, runny nose, congestion, fatigue, and diarrhea. Whiteside continued, “Everyone with a fever, difficulty breathing, and/or loss of taste or smell realize they may have COVID and take immediate precautions. However, people with minor symptoms often continue with regular activities and interactions with other people. Residents should assume that minor symptoms could be COVID-19 until they have a negative test result to prove otherwise.”

The department recommends residents and visitors to also follow additional standard public health guidelines. This includes wearing masks in public indoor settings, social distancing, frequently washing hands, and covering your cough or sneeze.

The department has also updated the COVID-19 testing sites in Monroe County: monroe.flhealth.gov/covid19 and click “Testing Locations.”

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