

## COVID-19 Community Updates and Resources

This community updates and resources page is produced by the FL Dept of Health in Monroe County, Division of Epidemiology - COVID Program, to direct residents and visitors to the latest guidance and information available. Information is subject to change and will be updated as needed. The latest file can be found at [monroe.flhealth.gov/covid19](https://monroe.flhealth.gov/covid19).



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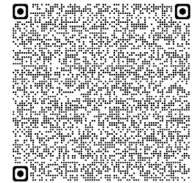


## COVID-19 News and Updates

### New Focus Since the Omicron Variant Emerged

DOH – Monroe has changed from attempting to investigate every positive individual of COVID-19 and tracing all contacts to instead focusing on follow-up of outbreaks and positive cases in high-risk settings as well as those most at risk for serious illness. DOH – Monroe has been contact tracing since March 2020. Although contact tracing was critical in helping mitigate the spread earlier in the pandemic, with the latest Omicron variant we have had to reevaluate our strategies. Please see page 11 for more about COVID outbreaks and methods of reporting.

Governor DeSantis signed legislation that outlines exemption requirements for COVID-19 vaccination mandates. Scan the QR code to the right or visit [tinyurl.com/jobprotection](https://tinyurl.com/jobprotection) to see the full article.



On February 24th Governor Ron DeSantis and State Surgeon General Joseph Ladapo announced significant changes to Florida's COVID-19 guidance. Scan the QR code to the left or visit [tinyurl.com/newflguidance](https://tinyurl.com/newflguidance) to see the full article.

### A Message from our Health Officer

"The best way to prevent anyone from getting infected is to follow basic public health principles. Covering your cough or sneeze, washing your hands, and social distancing, even when vaccinated, are key to slowing the spread of this virus."

Bob Eadie, JD





## Current COVID-19 Data for Monroe County

### State of Florida

**COVID-19 Situation Report: Florida State Overview** is published every other Friday by 5pm and can be found here:

[tinyurl.com/covid19latestdata](https://tinyurl.com/covid19latestdata)



### CDC

**CDC COVID Tracker** includes the level of community transmission, cases, vaccinations, deaths, hospital utilization, and more. Select "Florida" and then "Monroe County." This is updated every day at 8 pm and can be found here:

[covid.cdc.gov/covid-data-tracker](https://covid.cdc.gov/covid-data-tracker)



### White House

**The White House COVID-19 Community Profile Report** can be found here:

[COVID-19 Community Profile Report | HealthData.gov](https://www.whitehouse.gov/covid19/community-profile-report)



### Monroe County School District

**Monroe County School District COVID-19 Dashboard:** no longer updated as of August 2022





## COVID-19 Testing Information

### Get Free At-Home COVID-19 Test Kits

With insurance free at home test kits are available.

Order free at-home tests online at [COVIDTests.gov](https://COVIDTests.gov)

*\*At-home tests are rapid antigen tests that can be taken anywhere. Results are given usually within 30 minutes and there is no lab drop-off required.*



### When Should I Take an At-Home Test?

- If you begin having COVID-19 symptoms like fever, sore or scratchy throat, runny nose, headache, etc.
- At least 5 days after close contact with someone with COVID-19, or
- When you're going to gather with a group of people, especially those who are at risk of severe disease or may not be up to date on their COVID-19 vaccines.

### Community Testing Information



PCR and rapid antigen testing is offered throughout the Florida Keys. Scan the QR code to see current testing locations or visit [Monroe.flhealth.gov/testing](https://Monroe.flhealth.gov/testing).

## COVID-19 Isolation Recommendations

### What is Isolation?

Isolation is used to separate people with confirmed or suspected COVID-19 from those without it. People who are in isolation should stay home until it's safe for them to be around others.



### How Do I Isolate Myself?

- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a well-fitting mask when you need to be around other people.

### When Should I Seek Emergency Care?

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**



- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all possible symptoms. Please call your health care provider for any other symptoms that are severe or concerning to you.



## COVID-19 Isolation Recommendations

### I Tested Positive For COVID-19... Now What?

Day 0 is your first day of symptoms to calculate your isolation period. Day 1 is the first full day after your symptoms develop. You can leave isolation after 5 full days or 10 full days depending on which of the criteria you meet in the table below. Contact your healthcare provider if you have questions.

6	7	<b>DAY 0</b>	<b>DAY 1</b>	10	11	12
Contagious Period: 2 Days Prior to Illness OR Test Date and During Isolation Period		1 <sup>st</sup> Day of Symptoms OR  Day Swab was Taken of Positive Test Result	1 <sup>st</sup> Full Day of Isolation			
<b>DAY 5</b>	<b>DAY 6</b>	15	16	17	<b>DAY 10</b>	<b>DAY 11</b>
Final Full Day of Isolation if You Meet 5-Day Criteria	Leave Isolation if You Meet 5-Day Criteria				Final Full Day of Isolation if You Meet 10-Day Criteria	Leave Isolation if You Meet 10-Day Criteria

To End Isolation After 5 Days:	<ul style="list-style-type: none"> <li>Should not meet any of the criteria in the box below</li> <li>Symptoms are improving and have been fever free for 24 hours without the use of fever reducing medications</li> <li>If you are immunocompromised or have moderate to severe illness, please consult with your medical provider regarding 5-day vs 10-day isolation</li> </ul>
To End Isolation After 10 Days:	<ul style="list-style-type: none"> <li>Work/attend congregate settings such as jail, nursing homes (LTCFs/ALFs), homeless shelters</li> <li>Individuals with anticipated travel</li> </ul>

### I Was Exposed to COVID-19... Now What?

For All Regardless of Vaccination Status or Ability to Wear a Mask	<ul style="list-style-type: none"> <li>If symptoms of COVID-19 develop, stay home</li> <li>If asymptomatic, you do not need to quarantine, however, continue to monitor for symptoms of COVID-19 for 10 days after exposure</li> <li>You are considered exposed if you were within 6 feet from an infected person for a cumulative total of 15 minutes or more over a 24-hour period.</li> <li>Follow the guidance above if you test positive or develop symptoms</li> </ul>
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## COVID-19 Vaccine Information

### Where Can I Get Vaccinated?

#### Anywhere

Visit [vaccines.gov](https://vaccines.gov) or scan the QR to the right to find vaccination locations near you. Here you can also find information and answers to questions you may have regarding the vaccine.



#### Local

Visit [monroe.flhealth.gov/vax](https://monroe.flhealth.gov/vax) or scan the QR code to the right to learn more about local vaccination events and find county-level vaccination data.



### Booster vs Additional Dose

#### Booster

A booster shot will increase your immune response.

#### Additional Dose

An additional primary dose is for people who are moderately to severely immunocompromised.

Visit [tinyurl.com/flcovidvaccine](https://tinyurl.com/flcovidvaccine) to see when you are eligible. *Consult with your healthcare provider if you are unsure if you should receive an additional dose or booster.*





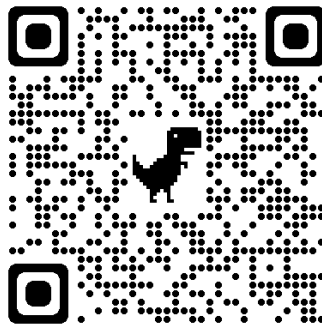


## COVID-19 Vaccine Record Information

### I lost my vaccine card... How do I get my vaccine record?

**Ask your healthcare provider:** All providers administering vaccinations use or are connected to Florida SHOTS. Your provider should be able to access Florida SHOTS and generate your Immunization History from your records.

**Submit your request directly to Florida SHOTS:** If you are 18+, you can submit a request for your vaccination records directly with Florida SHOTS through this QR code below or by clicking [tinyurl.com/flcovidrecord](https://tinyurl.com/flcovidrecord). You will be directed to a Disclose Confidential Information form online to electrically sign and submit a request for your record.



**Ask your local county health department:** Email [MonroeCOVID@flhealth.gov](mailto:MonroeCOVID@flhealth.gov) or call 305-293-7500 M-F 8am to 5pm.

*Records of minors (aged 17 years and below) are not available through this QR Code. Please contact your healthcare provider or DOH – Monroe to request records for minors.*

**Note:** DO NOT use this form to request records for another individual. Each individual is responsible for their own request.

## Omicron vs Past Variants

### What is a Variant?

A “variant” is a mutated – or genetically changed- version of an existing virus. Viruses constantly change through mutation, and new variants of a virus are expected to occur naturally. Multiple variants of the virus that causes COVID-19 have been documented in the United States.

#### Spread

The Omicron variant spreads more easily than the original virus that causes COVID-19 and the Delta variant. CDC expects that anyone with Omicron infection can spread the virus to others, even if they are vaccinated or don’t have symptoms.

#### Symptoms

Persons infected with the Omicron variant can present with symptoms similar to previous variants. The presence and severity of symptoms can be affected by COVID-19 vaccination status, the presence of other health conditions, age, and history of prior infection.

#### Severe Illness

Omicron infection generally causes less severe disease than infection with prior variants. Preliminary data suggest that Omicron may cause more mild disease, although some people may still have severe disease, need hospitalization, and could die from the infection with this variant.

“According to the CDC the Omicron variant currently represents about 99% of COVID-19 cases in the U.S. Headache, fatigue and sore or scratchy throat are 3 of the most common symptoms with Omicron. Loss of taste and smell and breathing problems are less frequent with Omicron compared to earlier strains of the virus.”

- Medical Director, Dr. Mark Whiteside, MD, MPH





## Reporting COVID-19 Results and Outbreaks

### Healthcare Provider & Facilities Reporting

COVID-19 positive patients and COVID-19 laboratory results are subject to mandatory reporting if tested by a healthcare provider or facility, according to the Florida Department of Health under section 381.0031, Florida Statutes, Chapter 64D-3, Florida Administrative Code and Emergency Rule No. 64DER21-8.

Please contact [MonroeCOVID@flhealth.gov](mailto:MonroeCOVID@flhealth.gov) if you are a healthcare provider or facility looking to report COVID-19 results. We can provide further directions on methods of reporting once email received.

### If You Test Positive via Home Test:

*Contact your healthcare provider for further advisement.*

Home tests are not reportable to Monroe County Health Department. If you have general COVID questions, please call 305-293-7500, OR email [MonroeCOVID@flhealth.gov](mailto:MonroeCOVID@flhealth.gov)

### What is a COVID-19 Outbreak and How Do I Report It?

Long-Term Care Facilities/ Assisted Living Facility

- One or more positive residents
- Two or more positive staff

Schools, Daycares, and Camps

- Three or more people positive

Jails, Shelters, Workplaces, or Other Settings

- Two or more people positive

Please report all outbreaks immediately that meet the above criteria with positive results within 14 days of each other to the Monroe County Health Department at 305-293-7500 or at [MonroeCOVID@flhealth.gov](mailto:MonroeCOVID@flhealth.gov).



## Community and School Resources

### Community Resources



United Way has put together a complete list of community resources for recovery in Monroe County. Some of these include local food and meal services, COVID-19 resources, rental assistance, and more. Visit [KeysHelp.org](https://www.keys-help.org) or scan the QR code to the left for more information.

### Monroe County School District



Monroe County School District COVID-19 Response information can be found at: [tinyurl.com/mcsdpolicy](https://tinyurl.com/mcsdpolicy) where you can view staff and student isolation/quarantine protocols on the left side.

**What else would you like to see in this community resource document?**

Contact us and share your feedback!

Email: [MonroeCOVID@flhealth.gov](mailto:MonroeCOVID@flhealth.gov)

**Forwarded this document?**

Email [MonroeCOVID@flhealth.gov](mailto:MonroeCOVID@flhealth.gov) to receive future updates directly from the Monroe County Health Department.

### Sources

Page 5: <https://www.covidtests.gov/>

Page 6: <https://floridahealthcovid19.gov/exposure/>

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Page 7: <https://floridahealthcovid19.gov/wp-content/uploads/2022/02/20220224-general-guidance.pdf>

Page 8: <https://floridahealthcovid19.gov/vaccines/vaccine-locator/>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

Page 9: <https://flshotsusers.com/resources/frequently-asked-questions>

Page 10: <https://www.cdc.gov/coronavirus/2019-ncov/variants/omicron-variant.html>