



From City Manager Jack McLean, Jr.

**TO ALL CITIZENS, CUSTOMERS AND EMPLOYEES:**

**COVID-19 DRIVE-UP TESTING STARTS  
WEDNESDAY, MARCH 18, 2020  
AT NORTHWOOD CENTER C19 COLLECTION SITE  
TALLAHASSEE, FLORIDA  
HOURS – 11:00AM – 6:00PM**

***(you will need a referral from your doctor or Public Health Department)***

### **BASIC PROTECTIVE MEASURES AGAINST COVID -19**

- Wash your hands frequently. Regularly and thoroughly clean your hand with an alcohol-based hand rub or wash them with soap and water.
- Avoid touching your eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose and mouth.
- Maintain social distancing. Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Practice respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the use tissue immediately.
- If you have fever, cough and difficulty breathing, seek medical attention early. Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- Stay informed and follow advise given by your healthcare provider. National and local authorities will have the most up to date information and are best able to advise on what people should be doing to protect themselves.



# COVID-19

## Should I Get Tested?

Florida Department of Health · FloridaHealth.gov

If you have returned from ANY international travel or a cruise within the last 14 days and you have fever, cough or shortness of breath,



OR

if you have been in close contact with someone who has recently returned from international travel or a cruise and has any of the symptoms above:

- CALL your health care provider or county health department (CHD).
- SCAN the code for the CHD finder.



If your travel history has not put you at risk, take note:

If you have been in close contact with someone who may have or had COVID-19, and you have symptoms of fever, cough or shortness of breath, or you have an underlying medical condition like diabetes or heart disease, or a history of cancer.

Call, do not visit, your CHD or health care provider.

It's IMPORTANT to call ahead before visiting your CHD or health care provider. Offices must take proper steps to avoid further spread of COVID-19 when a concerned patient arrives for a medical appointment.



### Symptoms

The most common symptoms of COVID-19 are **fever, cough and shortness of breath.**

Some patients have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.



These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people recover from the disease without needing special treatment.



### How testing is done.

A person who is tested will have three specimens taken: oral, nasal and saliva. Samples will be given to the CHD and from there, shipped or delivered to the closest laboratory. Test results are available within 24–48 hours.



### What if I test positive for COVID-19?

- Stay home except to get medical care.
- Separate yourself from other people and animals in your home.
- Call ahead before visiting your doctor.
- Wear a facemask when around others.
- Cover your coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean all "high-touch" surfaces everyday



### Learn more:

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

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