

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 · Florida Health.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.



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.



Learn more:

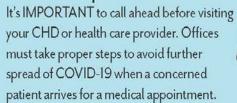
tinyurl.com/FLcdcprevention

tinyurl.com/FLcovidsick

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.





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 deliver 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