

HOW TO PREPARE FOR HAVING COVID-19

DEVELOP YOUR INDIVIDUAL PLAN(S)

- Individual plans should include your spouse/roommate unless you are alone.
- If you are alone who will help you to obtain essential items such as groceries and medications?
- If you don't have masks purchase or make now.
- If you are not living alone, separate and sleep in different bedrooms, use different bathrooms, etc.

WE HIGHLY RECOMMEND GETTING TESTED

- If you have symptoms that include:
 - Fever
 - Cough
 - Headache
 - Shortness of breath
 - Difficulty breathing
 - Loss of taste and smell
- We recommend self-isolation in your unit for 10 days, until symptoms pass or receive negative test results.
- You must wear a mask if you leave your unit. We recommend only leaving your unit for medical reasons.
- Please notify the Admiral office of symptoms. We will respect your confidentiality and privacy

IF YOUR SYMPTOMS PROGRESS OR GET WORSE

- SEEK MEDICAL ATTENTION and call to be tested, if your symptoms don't go away and get worse or include trouble breathing, persistent pain or pressure in the chest, new confusion, or inability to arouse or Bluish lips or face. Call the Nurse Triage Hotline for Martin and St. Lucie Counties is 1-772-419-3360, or call your doctor.
- Contact the Admiral office to report and update your condition.
- Stay in your unit except to get medical care.
- If you have already had the COVID-19 virus or a negative test, COVID guidelines must still be followed. Mask/Facial coverings are to be worn, wash hands, social distancing, and Admiral Protocols.

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Adapted from CDC guidelines