

Dear Friends,

SEE BELOW FOR MOST UP-TO-DATE INFORMATION

The Governor, Department of Emergency Management, Department of Health, Local Leaders, and I are working diligently to respond to COVID-19. In an effort to keep you all safe and informed I have put together this COVID-19 Resource Guide. I am hopeful that this will provide you with the information that we receive from all government levels into one easy to digest place.

Although we are working remotely, my staff and I are here to help. Please reach out to us via email at Tina.Polsky@myfloridahouse.gov or call (561) 470-2086 as we are checking voicemails regularly.

For the most up to date information please follow me on Facebook, @RepPolsky81.

Stay Safe!

Representative Tina Polsky

Important Announcements

- Governor DeSantis has issued a statewide stay-at-home order, requiring everyone to limit their movements and personal interactions outside of their home to only those necessary to obtain or provide essential services or conduct essential activities.

30-DAY SAFER-AT-HOME EXECUTIVE ORDER

Effective: April 3rd at 12:00 PM

1

SAFER AT HOME

- All persons in Florida shall limit leaving home and providing essential services.
- Senior citizens and individuals with underlying health conditions shall stay at home and take all measures to limit risk.

2

ESSENTIAL SERVICES

- All essential services are not affected.
- Businesses and organizations encouraged to provide curbside service to the greatest extent possible.
- Individuals are encouraged to work from home.

3

ESSENTIAL ACTIVITIES

- Attending religious services conducted in churches and houses of worship.
- Participating in recreational activities such as hiking, fishing, hunting, running, or swimming (while following social distancing guidelines).
- Taking care of pets.
- Caring for or otherwise assisting a loved one.

- Please note, Palm Beach County still requires that all gatherings use social distancing practices and have less than 10 attendants. This rule is in place for religious organizations and the County recommends using other methods such as virtual worship services to follow these regulations.
- Governor DeSantis has ordered a 45-day moratorium on evictions and foreclosures throughout the state.
- Governor DeSantis has directed the Florida Department of Transportation to accelerate certain projects in Miami, Tampa, and Orlando areas by 4 to 6 weeks to help boost the economy.
- The Department of Economic Opportunity at the direction of the Governor has announced that it is waiving the requirement that unemployment applicants must wait a week to receive reemployment assistant benefits. This will be waived until May 8, 2020.
- Please note, the testing site at the Ballpark of the Palm Beaches will likely be opening and closing several times throughout the weeks to come, as they can only schedule appointments based on the number of test kits they receive. If you are experiencing symptoms, have come in contact with someone who has tested positive, or have recently traveled to a COVID-19 hotspot, please call the hotline, (561) 642-1000, for a pre-screening and appointment.
 - Results from tests at the site are expected within five to six days.
 - Although this site is open, I want you to know that I am still concerned that there are no drive-thru testing sites in South Palm Beach County and will continue to work with the State and Federal emergency operations to bring such a site to District 81. Please know that our area is a high priority and we will continue to work on this.
- The Florida Department of Education has created a webpage to ensure teachers, students and parents have a one-stop-shop for their educational needs throughout this time of distance learning. This webpage, www.fldoe.org/em-response includes free resources including best practices for distance learning, frequently asked questions, and guidance ranging from topics including assessments, IEPs,

instructional hours, and many more. It also includes resources in Spanish.

- Sheriff Bradshaw has established a program to assist those folks in the South County area who are unable to get out of their homes to go to the grocery store or pharmacy. Sheriff's Office Volunteers are ready to pick up PREPAID groceries and prescriptions and bring them to your home.
 - Call or email between 8:00 am and 4:00 pm for information or to advise that you have placed an order, Krysti Nast, (561) 688-3918, nastk@pbso.org or Nephateri Burrell, (561) 681-7241, burrelln@pbso.org.
- Residents concerned with rent assistance may contact the Palm Beach County Human Services Eviction Prevention Program. Call 561-904-7900 or apply online at www.pbcgov.org/oscarss.
- If anyone has a complaint about a medical office or asking about procedures to contact the states Medical Quality Assurance office at 850-245-4339
- The Early Learning Coalition of Palm Beach County has launched a new program offering a scholarship for child care for parents working as first responders, emergency personnel, and other essential employees during this crisis.
 - To learn more about this program you can contact the ELC's family resource line, (561) 514-3300.

Previous Announcements and Information

Department of Health

The Department of Health has launched a new [COVID-19 Case Dashboard](#), which will be updated twice daily to bring you the most up to date information on

the spread of the virus.

What you need to know about COVID-19

Symptoms

Patients with confirmed COVID-19 infection have had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

How does it spread

The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet). This is why it is important to practice social distancing. Even if you yourself are not at risk, you may be a carrier, and staying home can help protect the most vulnerable in our community.
- Through respiratory droplets produced when an infected person coughs or sneezes.

Adults 60 years or older and those with underlying medical conditions are more likely to develop serious illness.

State Updates

- The new drive-thru testing site at the Ballpark of the Palm Beaches will begin testing on Tuesday, March 31. In order to be tested, you must be pre-screened and have an appointment-there will be NO walk-ins. You can contact the Health Care District of Palm Beach County testing line: (561) 642-1000 to be pre-screened and set up appointments.



Health Care District
PALM BEACH COUNTY



Palm Beach County COVID-19 Testing Site – FITTEAM Ballpark of the Palm Beaches

- What:** A Palm Beach County COVID-19 drive thru testing site in collaboration with the County Commissioners, the Health Care District of Palm Beach County, the Florida National Guard, and the Florida Division of Emergency Management.
- Where:** FITTEAM Ballpark of the Palm Beaches
5444 Haverhill Road
West Palm Beach, Florida. *Entry on Haverhill Road.*
- When:** Telephone registration and appointment scheduling will begin on Monday, March 30, 2020, from 9:00 am to 5:00 pm. On-site testing (swab sample collection only) will begin on Tuesday, April 7, 2020, from 9:00 am to 5:00 pm. *Preapproval and appointments are required.*
- Who:** Individuals requesting testing will be approved through telephone screening conducted by the Health Care District of Palm Beach County. Screening criteria will include presence of symptoms and risk factors.
- How:** Call Health Care District of Palm Beach County testing line: (561) 642-1000. A brief interview will be conducted to determine eligibility for COVID-19 testing. Callers approved for an appointment date and time slot for arrival at the testing site. Upon arrival at the testing site, the procedure will be conducted that will include verification of appointment time slot. Individuals without appointments will be turned away and directed to call the Health Care District of Palm Beach County to schedule an appointment. The check-in procedures and the testing (swab sample collection) will be conducted through an open window of the vehicle. No one will be permitted to leave the vehicle during the testing process.
- Results:** Testing results will be reported to the Health Care District of Palm Beach County, the patient, and the Palm Beach County Health Department. Results can be expected within 24-48 hours. However, it may take longer. Individuals testing positive will be advised of isolation protocols and referred for medical care if necessary.
- Cost:** Free

- - Please note, the COVID-19 hotline is experiencing a very high call volume with extended wait times. Your call is important and they

are doing their best to get to each and every call as quickly as possible.

- The Governor has announced a "Safer at Home" policy for South Florida. This policy will remain in place until mid-April.
- All Florida public schools will remain closed through May 1.
- The Governor has issued an executive order allowing certain Florida Retirement System (FRS) employees who have retired to return to the workforce to assist in fighting COVID-19. This would allow law enforcement officers, first responders, emergency management, health and medical professionals, and other critical response personnel to return to work without having their retirement void or benefits suspended.
- Florida Department of Veterans Affairs (FDVA) is restricting visitor access to its State Veterans' Homes until further notice, with the exception of essential visitors, such as family members of those residents undergoing end-of-life care. FDVA is also temporarily suspending admissions to State Veterans' Homes.
- The state has secured an order of 2,000 rapid COVID-19 tests that will provide results in 45 minutes. They are also in discussions with Abbott Laboratories to secure their rapid test which would provide results in 5-15 minutes.
- New checkpoints are being set up along I-95 and I-10 to screen those individuals who are entering Florida from COVID-19 hotspots.
- Governor DeSantis has ordered that any travelers who arrive in the state from Louisiana must self-isolate for 14 days.
 - National Guard is now stationed at Pam Beach International Airport to help enforce this executive order and the previous EO regarding travelers from the Tri-State area.
- Governor DeSantis has ordered a 14-day moratorium on the operation of vacation rentals.
- Governor DeSantis directed the Department of Revenue to provide flexibility on tax due dates, such as sales tax, to assist those affected by COVID-19.

- This includes the extension of the payment due date of property taxes to April 15.
- Florida Fish and Wildlife has been ordered to issue an Emergency Order which would enforce social distancing on Florida's Waterways.
- A thousand swabs are being provided to Palm Beach County, to help facilitate more testing.
- The Florida Department of Children and Families has waived work requirements for assistance programs providing food and shelter.
- Governor DeSantis has ordered that anyone traveling to the State of Florida from Connecticut, New Jersey, and New York must self-isolate for 14 days.
- Governor DeSantis and the State Surgeon General have issued a public health advisory to all people over 65 years of age, asking them to stay at home and to take other such measures necessary to limit their risk of exposure.
 - This public health advisory also includes those people with serious underlying medical conditions as described by the CDC.
- The Early Learning Coalition is open and connecting parents who are emergency response personnel and essential-business workers to open child care facilities and early learning centers. Contact them at (561) 514-3300.
- Governor DeSantis has prohibited any unnecessary, non-urgent medical procedures from being performed in order to free up necessary and important medical equipment.
- Please note, the State is currently working to expand the server capacity for the Reemployment Application website. If you are having difficulty applying online, reach out to my office and we will do our best to assist you. This issue is also affecting the Emergency Bridge Loan application, however, you can apply via the [FloridaDisaster site](#).
- Governor DeSantis has suspended statutes that require physical quorums for Local Government meetings to allow for conference calls or e-meetings, instead of in-person meetings.
- Department of Children and Families will be temporarily closing its storefronts and lobbies.

- You can apply for assistance, check your status, or report changes via phone at (850) 300-4323 or go to [Access Florida's site](#).
- The Price Gouging Hotline is open! If you see that there is any gouging of prices please call 1-866-9NO-SCAM (1-866-966-7226) to report it.
- The Florida Department of Transportation has temporarily stopped the collection of cash payments on toll roads.
 - Vehicles without a SunPass will be charged via Toll-by-Plate and receive an invoice in the mail for the cost of their tolls.

Federal Updates

- The Centers for Disease Control has extended the guidelines for social distancing through the end of April.
- The deadline to be Real ID-compliant (star on the upper right-hand corner of your Driver's License) has been delayed by one year to October 1, 2021.
- The CARES Act has been passed by Congress and signed by the President. This package includes benefits for individuals, families, state and local governments, businesses, the healthcare system and much more.
 - You can find a guide to the CARES Act [here](#).
 - If you are interested about how the CARES Act helps business owners here is a [Small Business Owner's Guide to the CARES Act](#) as well as information about the [Small Business Paycheck Protection Program](#).
- Tax Day has been postponed 90 days to, July 15, 2020.
- A new federal testing site is now open to the public and those 65 and older who have symptoms of COVID-19 at the Hard Rock Stadium

Restaurant, Bars, and Other Businesses

Governor DeSantis has ordered that all **restaurants, bars, breweries, and other alcohol or food establishments with seating for more than 10 people close**. This does not apply to delivery, pick-up or take out services

provided by these establishments

Movie theatres, concert halls and auditoriums, bowling alleys, arcades, gyms and fitness studios, and beaches have been CLOSED in Palm Beach and Broward Counties.

School Feeding Sites

- The Palm Beach County School Food Distribution sites and rules have been changed. Students will no longer have to be present in order to receive a meal; a parent or guardian will need to bring the student's school ID, passport, library card or a photo of the adult with the child to receive the meals. Drivers are asked to open their trunks or the window of an unoccupied seat to have food placed in the vehicle to maintain a safe distance.
 - There are now 35 sites throughout the county, including:
 - Boca Raton High School
 - Belle Glade Elementary School
 - Benoist Farms Elementary School
 - Congress Middle School
 - Conniston Middle School
 - Forest Park Elementary School
 - Gove Elementary School
 - Greenacres Elementary School
 - Hammock Pointe Elementary
 - Highland Elementary School
 - Hope - Centennial Elementary School
 - Howell Watkins Middle School
 - Indian Pines Elementary School
 - J.C. Mitchell Elementary School
 - Jupiter Elementary School
 - Lake Park Elementary School
 - Lake Worth High School
 - Lantana Middle School

- Lincoln Elementary School
- Loxahatchee Groves Elementary
- Northmore Elementary School
- Okeeheelee Middle School
- Osceola Creek Middle School
- Pahokee Elementary School
- Palm Beach Lakes High School
- Palm Springs Community Middle School
- Pine Jog Elementary School
- Rolling Green Elementary School
- Roosevelt Elementary School
- Rosenwald Elementary School
- Suncoast High School
- Tradewinds Middle School
- Village Academy
- Wellington High School
- Wynnebrook Elementary School

Commissioner Nikki Fried has also activated the Summer Breakspots, to find a Summer Breakspot near you, you can use their [meal locator site](#).

Boys and Girls Clubs throughout Palm Beach County will be providing lunch and a healthy snack to all children at their seven club locations, Monday-Friday from 11:00 am to 1:00 pm.

- - Belle Glade Teen Center
350 SW 10 St, Belle Glade, FL, 33430
 - Boca Raton Club
300 Newcastle St, Boca Raton, FL, 33487
 - Florence De George Club
4105 Pinewood Ave, West Palm Beach, FL, 33407

- Marjorie S Fisher Club
905 Drexel Rd, West Palm Beach, Fl, 33413
- Max M Fisher Club
221 W 13 St, Riviera Beach, Fl, 33404
- Delray Beach Club
1451 SW 7 St, Delray Beach, Fl, 33444
- Neil S Hirsch Club
1080 Wellington Trace, Wellington, Fl, 33414
- There will be a limited number of student grab and go food sites at the following schools during Spring Break (March 23 to March 27). See

below for the location nearest you:

Site Number	Site Name
2751	Benoist Farms Elementary School
1581	Congress Middle School
0541	Conniston Middle School
0831	Forest Park Elementary School
1241	Gove Elementary School
0631	Greenacres Elementary School
0671	Highland Elementary School
0012	Hope - Centennial Elementary School
1861	Indian Pines Elementary School
0071	Jupiter Elementary School
0141	Lake Park Elementary School
0691	Lake Worth High School
0761	Lantana Middle School
0211	Lincoln Elementary School
1901	Loxahatchee Groves Elementary
0271	Northmore Elementary School
2151	Okeeheelee Middle School
2821	Osceola Creek Middle School
1101	Pahokee Elementary School
1851	Palm Beach Lakes High School
0611	Palm Springs Community Middle School
0051	Pine Jog Elementary School
0341	Roosevelt Elementary School
1321	Rosenwald Elementary School
1681	Spanish River High School
0151	Suncoast High School
2781	Tradewinds Middle School
1701	Wellington Landings Middle School
1391	Wynnebrook Elementary School
Total Feeding Sites	29

Updates from the School District of Palm Beach County

Beginning on March 25, Florida students will have access to free, live Advanced Placement (AP) review lessons. The College Board, who administers the examinations, is also working on developing a secure online exam for each course so that the students can still take their AP Exams.

The School District of Palm Beach County has a dedicated Coronavirus website at PalmBeachSchools.org/Coronavirus. The School District also has a Coronavirus hotline available to answer school-related questions. Representatives are available to answer questions in English, Spanish and Haitian-Creole.

The hotline is open Monday through Friday, from 8 AM to 4 PM at 561.969.5840.

The District has announced that they are planning on beginning remote learning as schools will be closed through April 15. They understand that not all families will have access to the technology needed to make this happen, so the District is asking families to fill out their Technology Survey so that they can help those families. If you have not yet completed this form, you can find it [here](#). Please submit the survey as soon as possible.

University Updates

- Florida Atlantic University has extended remote instruction until further notice. All students who are able to return home should return home and commencement ceremonies have been canceled.

Help for Seniors

Federal, State, and Local officials understand that our seniors are at risk. This is why you can reach out to the Elder Helpline in your county if you are in need of some assistance with grocery shopping or other tasks. Below is a listing of the Telephone Numbers for each County's Elder Helpline.

Alachua 800-262-2243	Hamilton 800-262-2243	Nassau 888-242-4464
Baker 888-242-4464	Hardee 800-336-2226	Okaloosa 850-494-7100
Bay 866-467-4624	Hendry 239-652-6901	Okeechobee 866-684-5885
Bradford 800-262-2243	Hernando 800-262-2243	Orange 407-514-0019
Brevard 407-514-0019	Highlands 800-336-2226	Osceola 407-514-0019
Broward 954-745-9779	Hillsborough 800-336-2226	Palm Beach 561-214-8600
Calhoun 866-467-4624	Holmes 866-467-4624	Pasco <i>In-state</i> 800-861-8111 <i>Out-of-state</i> 727-217-8111
Charlotte 239-652-6901	Indian River 866-684-5885	Pinellas 727-217-8111
Citrus 800-262-2243	Jackson 866-467-4624	Polk 800-336-2226
Clay 888-242-4464	Jefferson 866-467-4624	Putnam 800-262-2243
Collier 239-652-6901	Lafayette 800-262-2243	Santa Rosa 850-494-7100
Columbia 800-262-2243	Lake 800-262-2243	Sarasota 239-652-6901
DeSoto 239-652-6901	Lee 239-652-6901	Seminole 407-514-0019
Dixie 800-262-2243	Leon 866-467-4624	St. Johns 888-242-4464
Duval 888-242-4464	Levy 800-262-2243	St. Lucie 866-684-5885
Escambia 850-494-7100	Liberty 866-467-4624	Sumter 800-262-2243
Flagler 888-242-4464	Madison 866-467-4624	Suwannee 800-262-2243
Franklin 866-467-4624	Manatee 800-336-2226	Taylor 866-467-4624
Gadsden 866-467-4624	Marion 800-262-2243	Union 800-262-2243
Gilchrist 800-262-2243	Martin 866-684-5885	Volusia 888-242-4464
Glades 239-652-6901	Miami-Dade 305-670-4357	Wakulla 866-467-4624
Gulf 866-467-4624	Monroe 305-670-4357	Walton 850-494-7100
		Washington 866-467-4624

Small Business Loans

The Florida Small Business Emergency Bridge Loan Program has been activated to support small businesses impacted by COVID-19. The bridge loan

program is managed by the Florida Department of Economic Opportunity (DEO) and provides short-term, interest-free loans to small businesses that experienced economic injury from COVID-19.

The application period is open and will remain open through May 8, 2020. Interested businesses can visit the [Bridge Loan site](#) for more information.

Reemployment Assistance

The Florida Department of Economic Opportunity will be accepting claims for Reemployment Assistance for those employees who have been negatively impacted as a result of the mitigation efforts in Florida to stop the spread of COVID-19. Individuals who may be eligible for Reemployment Assistance may include:

- Those who are quarantined by a medical professional or government agency
- Those who are laid off or sent home without pay for an extended period of time by their employer due to COVID-19 concerns
- Or, those who are caring for an immediate family member who is diagnosed with COVID-19

If you fall into one of these categories you submit your claim via the [CONNECT system](#), or if you need assistance filing a claim you can call 1(800) 681-8102.

County Updates

- Solid Waste Authority will close five Home Chemical and Recycling Centers after the close of business on Monday, March 30. The two remaining Home Chemical and Recycling Centers in West Palm Beach and Western Delray Beach will remain open for CRUCIAL customer needs only.
- SWA's customer convenience drop-off center at the landfill site is closed. Residents with small haulers of waste are being diverted directly to the landfill.

- The Office of Equal Business Opportunity will no longer be accepting in-person client appointments or walk-ins. Certification and recertification documents can still be uploaded to the [Vendor Self-Service Portal](#) or mailed directly to the office. If you have questions or need additional information please call (561) 616-6840.
- The Drug Abuse Foundation has halted admissions to four of its programs for 15 days. The Emergency Receiving Center remains open. For more information call (561) 278-0000
- All golf courses and county parks are now **CLOSED**.
- Thursday's Board of County Commissioners Meeting will be allowing for Public Comments to be submitted via email. [Public Comment Cards](#) will need to be submitted to Vismary Dorta, VDorta@pbcgov.org, by no later than 5:00 pm on March 25.
- CareerSource PBC is closing its offices to the public until further notice. They will continue to provide virtual services online and by phone for job seekers and employers at this critical time
- The Palm Beach County Board of County Commissioners has ordered that all nonessential retail and commercial businesses close, with exception to perform minimum basic operations, or those activities necessary to maintain the business (payroll, security, equipment preservation, etc.).
 - This order does provide exemptions for grocery stores, pharmacies, agricultural businesses, doctor's offices, media services, gas stations, banks, and other essential businesses.
- County Regional Parks and Golf Courses remain open, however, boat ramps and marinas will be closed to recreational boating throughout the county.
- Sheriff Bradshaw has warned citizens that there are people walking door to door claiming to be with the Center for Disease Control (CDC) offering COVID-19 tests for \$100. This is NOT a service that is being provided by the CDC; please contact the Sheriff's office if someone comes by your home attempting to provide this service.
- Effective March 24, the Clerk and Comptroller is suspending all in-person, non-essential services.

- Certain services will be conducted by appointment only and the Clerk and Comptroller will still serve customers by phone (561) 355-2996. For more information visit the Clerks [website](#).
- The Palm Beach County Property Appraiser's office will be closed starting March 23 to public walk-in traffic. Offices will be fully staffed and continue to provide services via phone (561-355-3230), email (myexemption@pbcgov.org), and Property Appraiser Public Access [website](#).
- Starting tomorrow, March 24, Palm Tran is suspending bus pass sales; buses will be operating fare free in order to promote social distancing between the drivers and passengers.
- Palm Beach County Libraries will be closed starting 3/20/20
- Tax Collector Centers will be closed on March 20 and March 23 in preparation for operational changes. Offices will re-open to serve the public online, by mail, email, and phone, in-person services are suspended until further notice.
- Congregate meal program administered by the Division of Senior Services will discontinue at the close of business, Thursday, March 19. Participants will receive a 2-week supply of shelf-stable meals to take home with them.
 - Those registered seniors can pick up their next two week supply at the senior center closest to them. There will be other options for those who are unable to drive or rely on public transportation.
- Senior centers will close on Friday with the exception of the Adult Day Care program at North County and Mid-County centers.
- The Highridge Family Center operated by the Youth Services Department has closed in concurrence with school closures. The children and their families are being managed telephonically.
- The Parks Department will be updating existing Facility/Activity Status Charts to reflect the following:
 - Indoor Facilities – Closure of the indoor spaces of Nature Centers, Recreation Centers, Gyms, Museums, Restaurants and Cafes (takeout or delivery food service only).

- Outdoor Areas – Cancellation of all sports team use of sports fields (fields only available for small group open play), closure of all group pavilions, playgrounds, fitness zones, splash pads, BMX track, pools, and waterparks.
 - General park areas and open space, beaches, trails, golf courses, campgrounds, tennis courts, and pickleball courts will remain open. Basketball courts closed.
- Public Safety's Victim Services Department has implemented the provision of call-in for therapy appointments when appropriate. In-person assistance to sexual assault/domestic violence victims will continue.
- The Animal Care and Control division partners with various agencies to help move animals through the shelter. Agencies are putting certain protective actions in place that are/will affect these arrangements. To address the impact, Animal Care and Control are recommending the service modifications effective March 23, to include:
 - Suspending spay/neuter services for the public until further notice.
 - Suspending owner surrenders except for evictions, death of owner, or domestic violence cases.

Other Updates and Important Information

- FPL has announced that they are issuing a one-time decrease of approximately 25% for the typical residential customer bills, beginning on May 1. They hope that this one-time decrease will accelerate savings to customers during the COVID-19 crisis, rather than spreading out the decreases over the remainder of the year.
- Apple has launched a [COVID-19 screening site](#) in collaboration with FEMA, the CDC, and the White House. With this screening tool you can answer a series of questions and you will receive some advice about what you should do next.
- Effective Saturday, March 28, Tri-Rail trains will suspend fares and operate on a modified schedule, see their [website](#) for more information.
- Brightline has suspended its train service until further notice.
- Baptist Hospital has launched its Baptist Health Care on Demand platform, which allows you to speak to a doctor and get some guidance

and/or peace of mind without having to rush to a doctor's office or hospital. Visit their [site](#) and use the code CARE19 for a free visit.

- Bethesda Hospital is conducting a Blood Drive at both of their locations! If you are able to donate blood consider attending one of their blood drives. Each person who donates blood will receive a free OneBlood Water Bottle, \$20 eGift Card, and a Wellness Check.
 - Bethesda Hospital East, March 24, 9:00 am to 7:00 pm
 - Bethesda Hospital West, March 26, 11:00 am to 5:00 pm
- Boca Helping Hands is looking for volunteers and donations for their food pantry! If you have a little extra food at home or you know of a restaurant that has a surplus of food, please contact Boca Helping Hands (561-417-0913) so that they can serve those less fortunate.
- VolunteerFlorida is a great organization that connects Floridians to non-profits and other organizations in need of volunteers. They are still active and have great ideas for how you can safely volunteer during this

time.

COVID-19: HOW YOU CAN HELP

There are plenty of ways for Floridians to safely help out while following guidance on #COVID19. Here are some options for getting involved.



Donate to Your
Local Food Bank

Perform Wellness
Checks



Donate Blood



Explore Different Volunteer Opportunities

Explore different volunteer opportunities available in your area on Volunteer Connect, Florida's official volunteer opportunity website.
www.volunteerflorida.org



COVID-19

General Prevention

Florida Department of Health • FloridaHealth.gov • tinyurl.com/FLcdcprevention

Protect yourself from all infectious diseases by using these precautions.



Stay home when you are sick



Avoid contact with people who are sick



Get adequate sleep and eat well-balanced meals



Wash hands often with soap and water – 20 seconds or longer



Dry hands with a clean towel or air dry your hands



Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces



Cover your mouth with a tissue or sleeve when coughing or sneezing



Clean and disinfect “high touch” surfaces often



Call before visiting your doctor

Clean all “high-touch” surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Florida Health Office of Communications | 03.05.20

Great tips for protecting yourself from infectious diseases.



Social Distancing for Infectious Disease

Florida Department of Health • FloridaHealth.gov

Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

Protect yourself and your community.

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. If you don't have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol. Avoid close contact with people who are sick, and stay home when you're sick.



Change your daily habits.

Avoid shopping at peak hours and take advantage of delivery or pick-up services with retailers.



Work with your employer.

Cooperate with leadership to change company practices, set up flexible shift plans, have employees telecommute, and cancel any large meetings or conferences.



Look for communications from universities and colleges:

Regarding suspending classes, going to web-based learning and canceling all large campus meetings and gatherings.



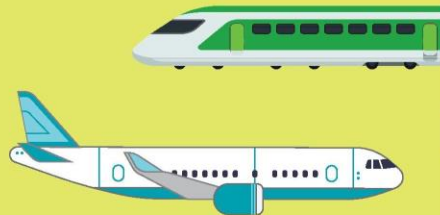
Keep at least six feet between you and other people.

Avoid shaking hands as a social greeting.



Avoid public transit if possible.

Don't travel to areas with active outbreaks.



Avoid crowded places.

Sporting events, community festivals, and concerts



Learn more:

tinyurl.com/CDCgatherings

tinyurl.com/FLcdcpvention

Social distancing 101!



Contact my office:

Boca Raton Office

8177 Glades Road, Suite 209
Boca Raton, Florida 33434
(561) 470-2086

Belle Glade Office

110 Dr. Martin Luther King Jr Boulevard
Belle Glade Florida 333430
(561) 829-1459

Tallahassee Office

1302 The Capitol
402 South Monroe Street
Tallahassee, Florida 32399

