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**FLORIDA STATE SENATOR KEVIN RADER**



# COVID-19

PREVENTION AND SAFETY INFORMATION



## WASH YOUR HANDS

WHILE DOING SO, USE SOAP AND WATER FOR AT LEAST 20 SECONDS. OTHERWISE, USE HAND SANITIZER WITH AT LEAST 60% ALCOHOL. REMEMBER TO WASH YOUR HANDS AFTER BLOWING YOUR NOSE, COUGHING, SNEEZING, OR AFTER BEING IN A PUBLIC PLACE.



## CLEAN & DISINFECT

IT IS RECOMMENDED TO CLEAN "HIGH-TOUCH" SURFACES DAILY. THESE AREAS INCLUDE:

- TABLES
- DOORKNOBS
- LIGHT SWITCHES
- COUNTERTOPS
- HANDLES
- PHONES
- KEYBOARDS
- FAUCETS



## DON'T TOUCH YOUR FACE

IT IS CRUCIAL NOT TO TOUCH OUR EYES, NOSE, MOUTHS WITH UNCLEAR HANDS AS WE OFTEN USE THEM TO TOUCH MANY SURFACES. IT'S POSSIBLE TO PICK UP THE VIRUS IF WE AREN'T CAREFUL. SHOULD YOU USE A TISSUE, BE SURE TO THROW IT IN THE TRASH.



## SOCIALLY DISTANCE

THE VIRUS IS TRANSFERRED PERSON-TO-PERSON, SO IF SOMEONE IS POSITIVE AND COUGHS OR SNEEZES, THEY SPRAY SMALL DROPLETS THAT MAY CONTAIN THE VIRUS. IT IS POSSIBLE TO BREATHE THEM IN IF YOU ARE TOO CLOSE. TO AVOID THIS, KEEP AT LEAST 6 FEET OF DISTANCE OR STAY HOME, STAY SAFE.



# STEPS TO TAKE IF YOU HAVE BEEN EXPOSED

## WATCH FOR SYMPTOMS

- FEVER (100.4°F/38°C OR HIGHER)
- COUGH
- SHORTNESS OF BREATH

COVID-19 SYMPTOMS MAY APPEAR ANYTIME BETWEEN 2-14 DAYS AFTER EXPOSURE. SHOULD YOU DEVELOP SYMPTOMS, CALL YOUR PHYSICIAN OR COUNTY HEALTH DEPARTMENT AND INFORM THEM ABOUT BOTH YOUR EXPOSURE AND SYMPTOMS. THEY WILL DECIDE WHETHER YOU NEED TO BE TESTED.

IF YOU EXPERIENCE COVID-19 EMERGENCY WARNING SIGNS, SEEK MEDICAL ATTENTION IMMEDIATELY.

## EMERGENCY WARNING SIGNS

- DIFFICULTY BREATHING
- SHORTNESS OF BREATH
- PERSISTENT CHEST PAIN/PRESSURE
- NEW CONFUSION OR INABILITY TO AROUSE BLUISH LIPS OR FACE

# STEPS TO TAKE IF YOU FEEL SICK

## SELF ISOLATE AT HOME

PATIENTS THAT ARE MILDLY ILL WITH COVID-19 ARE BEING ASKED TO ISOLATE THEMSELVES AT HOME AND TO RESTRICT OUTSIDE ACTIVITIES (WITH THE EXCEPTION OF GETTING MEDICAL CARE). THESE RESTRICTIONS INCLUDE NOT GOING TO WORK, SCHOOL, OR ANY PUBLIC AREAS.

## SOCIALLY DISTANCE

AS PREVIOUSLY MENTIONED, THIS VIRUS SPREADS PERSON-TO-PERSON, AND IT IS CRUCIAL TO SOCIALLY DISTANCE TO FLATTEN THE CURVE. IT IS HIGHLY RECOMMENDED THAT THOSE THAT ARE SICK WEAR A MASK AROUND OTHERS (FOR INSTANCE WHEN GOING TO SEE YOUR DOCTOR). SHOULD THE FACEMASK CAUSE TROUBLE BREATHING, THEN COVER YOUR COUGHS AND SNEEZES.

## TAKE PREVENTATIVE STEPS

IT IS ESSENTIAL TO CONTINUE TAKING PREVENTATIVE STEPS SUCH AS WASHING YOUR HANDS OFTEN AND CLEANING FREQUENTLY TOUCHED SURFACES. PREVENTING THE SPREAD OF THIS VIRUS IS THE ONLY AVENUE WE HAVE AT THIS TIME, SO PLEASE USE BEST PRACTICES TO HELP STOP THE SPREAD.

IF YOU THINK YOU HAVE BEEN EXPOSED TO COVID-19 AND DEVELOP SYMPTOMS, CALL YOUR DOCTOR OR DEPARTMENT OF HEALTH BEFORE YOU GO. THIS WAY, THEY CAN BETTER PROTECT



## QUICK LINKS

**Florida Dept. of Health-  
Coronavirus Info & Hotline**

**Florida DEO-Reemployment  
Paper Application**

**Florida Dept. of Health  
Community Action Survey**

**Florida's COVID-19 Data and  
Surveillance Dashboard**



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