



Charlotte
DeSoto
Manatee
Sarasota

Through the COVID-19 Response initiative at The Patterson Foundation, this weekly Amplify communication aims to weave together what works in each of the counties for a healthier and more thriving Suncoast. You're receiving this message because you've been identified as a community advocate, and we hope you'll share these stories and messages far and wide in your network.

Steps to help prevent the spread of COVID-19 if you are sick

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below:

- **Get Tested:** If you have symptoms of COVID-19, get tested.
- **Cover your coughs and sneezes:** Cover your mouth and nose with a tissue when you cough or sneeze. Immediately wash your hands with soap and water for at least 20 seconds.
- **Wear a mask over your nose and mouth:** You should wear a mask over your nose and mouth if you must be around other people or animals, including pets (even at home).
- **Stay home except to get medical care:** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas. Take care of yourself at home by resting and staying hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Separate yourself from other people:** As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask. Tell your close contacts that they may have been exposed to COVID-19.
- **Monitor your symptoms:** Some symptoms of COVID-19 include fever, cough, and fatigue. Follow care instructions from your healthcare provider and local health department.
- **Call ahead before visiting your doctor:** If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

You can learn more [here](#).

Quarantine vs. Isolation

You **quarantine** when you might have been exposed to the virus. Quarantine if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated.

You **isolate** when you have been infected with the virus, even if you don't have symptoms. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available). Learn more [here](#).



DID YOU KNOW?

According to the CDC, an infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. Learn more [here](#).

Graphic: You can download this image [here](#)



Suncoast COVID-19 Stats Week of November 1, 2021

COUNTY	7 Day Rolling Ave. of Daily New Cases	A Population ^12 with at Least One Vaccination Dose
Charlotte	15	last wk: 23 73%
DeSoto	3	last wk: 4 58%
Manatee	30	last wk: 37 68%
Sarasota	23	last wk: 25 76%

Denotes a positive trend
 Denotes a trend that remained the same
 Denotes a trend heading in the wrong direction

The measures we are continually taking are working! Each of us must continue to do our part to get back to normal. Encourage your family, friends, stakeholders, clients, and others to continue to get vaccinated. Getting vaccinated is the best protection against COVID-19. Let's keep our community's numbers heading in the right direction!

CONTACT US

Please forward this to your network, and when you have stories about overcoming and thriving during COVID-19, please send them to Cheri Coryea at:

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#COVID19 @ThePattersonFdn

