



COVID-19 Information & Resource Sheet

Prevention and Well Being

Prevention measures are similar to those utilized against the common cold and flu, which are currently circulating in high numbers.

How do I prevent COVID-19?

The best way to prevent infection is to avoid being exposed to the virus. The CDC recommends everyday preventive actions to help limit the spread of respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Should I wear a mask?

The CDC does not recommend the use of a face masks for those who are not sick. Face masks are effective in preventing droplets from a sick person from infecting others and are used by health care providers, family members, and others when caring for or in close contact with a sick person. Handwashing and avoiding touching your face, eyes, nose, and mouth are the most effective method of illness prevention.

What are the symptoms of COVID-19?

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

- Fever
- Cough
- Shortness of breath

The CDC believes at this time that symptoms of COVID-19 may appear in as few as two days or as many as 14 days after exposure. Current estimates are that it takes about five days for COVID-19 symptoms to show after contracting the virus.

What is the treatment for COVID-19?

People infected with COVID-19 should receive supportive care to help relieve symptoms. Currently, there is no specific antiviral treatment recommended for COVID-19 infection.

I am feeling stressed and overwhelmed, who can I talk to?

You may contact your manager and/or HR representative. In addition, Miami-Dade County provides comprehensive counseling services. More information is available at http://www.miamidade.gov/assistance/counseling_services.asp. If you are outside Miami-Dade County, contact your local government website regarding their counseling services.

Additional Resources

- Centers for Disease Control and Prevention Information and Travel Notices: www.cdc.gov
- US Department of State Travel Advisories: travel.state.gov > Travel Advisories
- Florida Department of Health COVID-19 Information: floridahealth.gov/diseases-and-conditions/COVID-19

The Florida Department of Health has activated a hotline for people in Florida who have questions about COVID-19. The call center is available 24 hours a day, seven days a week and can be reached at 866-779-6121 or COVID-19@flhealth.gov.