



COVID-19: What You Should Know

We understand that you are anxious to receive the results of your COVID-19 test. Please note that Flagler Health+ has partnered with a national commercial laboratory company for the testing. Current turnaround times for test results are at least five days and may be longer. As soon as they are available, you will receive the test results by telephone. It is important that you self-isolate during this waiting period. Detailed information about self-isolation is provided on the back of this information sheet. There are also a number of resources available through Flagler Health+ Care Connect to help you through this challenging time. For more information, you can call 904-819-3070 or complete our Get Connect Form at www.stjohnscareconnect.com for support with any of the following needs:

- Food
- Water
- Medication Assistance
- Hygiene Products
- Tissues
- Telehealth Follow-Up Appointment
- Mental Health Support (adult and pediatric)
- DME Supplies (walkers, nebulizers, etc.)
- Social Support (access to virtual COVID Support Group)

Resources provided by:



WHAT TO KNOW ABOUT SELF- ISOLATION

Restrict activities outside your home. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing or taxis. Separate yourself from other people and animals in your home.

1 AVOID CONTACT WITH PEOPLE AND ANIMALS

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: You should restrict contact with pets and other animals while you are sick just like you would around other people. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

2 WEAR A FACEMASK

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

3 COVER YOUR COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

4 CLEAN YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.

5 AVOID SHARING PERSONAL HOUSEHOLD ITEMS

You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

6 CLEAN ALL "HIGH-TOUCH" SURFACES EVERYDAY

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets 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.

7 MONITOR YOUR SYMPTOMS

Seek prompt medical attention if your illness worsens (e.g., difficulty breathing). Before seeking care, call the healthcare provider. They will want you to put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from being exposed. Flagler Health+ also has doctors available for online visits. More information is on the back of this page. If you have a medical emergency, call 911.

