

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Ron DeSantis
Governor

Scott A. Rivkees, MD
State Surgeon General

Vision: To be the **Healthiest State** in the Nation

4/28/20 COVID-19 UPDATE:

Your local health department is here to assist you with questions related to COVID-19 (new coronavirus).

GULF TESTING NUMBERS STATUS

Number of COVID-19 tests so far: 129

Number of negative tests: 128

Number of positive tests: 1

For Daily Gulf County COVID-19 Updates straight to your phone: text GULFCOVID to 888777

Florida Department of Health in Gulf County: 850-227-1276

Florida Department of Health in Franklin County: 850-653-2111

There is also a hotline available at **866-779-6121** or email COVID-19@flhealth.gov.

SAFER AT HOME

On April 1, 2020, Governor Ron DeSantis issued Executive Order 20-91, requiring all persons in Florida 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 for 30 days. Senior citizens and individuals with a significant underlying medical condition (such as chronic lung disease, moderate-to-severe asthma, serious heart conditions, immunocompromised status, cancer, diabetes, severe obesity, renal failure and liver disease) are advised to stay at home and take all measures to limit the risk of exposure to COVID-19. The order will go into effect midnight Friday, April 3, 2020.

To view the complete order, visit: https://www.flgov.com/wp-content/uploads/orders/2020/EO_20-91.pdf

For a more extensive list of essential services, visit https://www.flgov.com/wp-content/uploads/orders/2020/EO_20-89.pdf

To view frequently asked questions about Executive Order 2091, visit <https://www.flgov.com/wp-content/uploads/covid19/Exec%20Order%2020-91%20FAQs.pdf>

AIM FOR THE A!

Social Distancing is currently the most effective way to slow the spread of COVID-19. Check out this interactive [Social Distancing Scoreboard](#), updated daily, to measure and understand social distancing initiatives at the local level. Gulf is currently a C. Let's keep aiming for the A!

NEW TESTING SITE IN PORT ST. JOE AND EASTPOINT

PanCare Health has lifted COVID-19 testing restrictions and is now offering testing to both symptomatic and asymptomatic (showing no symptoms) persons. Beginning Thursday, April 23rd PanCare will test anyone in the following category whether they display symptoms or have no symptoms:

- Healthcare facility workers
- Residents in long-term care facilities
- Persons 65 years of age and older

Florida Department of Health

in GULF COUNTY

2475 Garrison Avenue, Port St. Joe, Florida 32456

PHONE: 850/227-1276 • FAX 850/227-7587

www.FloridaHealth.gov

TWITTER: HealthyFLA

FACEBOOK: FLDepartmentofHealth

YOUTUBE: fldoh

FLICKR: HealthyFla

PINTEREST: HealthyFla

- Persons with underlying conditions
- First responders

People who do not meet the above requirements must have symptoms (cough, fever ≥ 100.4 , or shortness of breath) in order to be tested. Testing will be provided at no cost to the person being tested. If a person has insurance, they will bill the insurance for testing and write off any portion not covered. PanCare Health's COVID-19 response line team is available at (850) 215-4181 Monday-Friday 9:00a – 4:00p to conduct phone screenings.

To be scheduled at a testing site, you must complete all of the 3 following steps.

Step 1: Call the PanCare COVID-19 response line at (850) 215-4181.

Step 2: Conduct an over the phone screening.

Step 3: Upon qualifying for testing, you will be assigned a unique ID number and given an appointment date, time, and location. You must present your ID number at your appointment along with your photo ID when you arrive at the off-site testing location.

MENTAL HEALTH

COVID-19 have you feeling STRESSED/ANXIOUS/DEPRESSED/UNSURE? NEED SUPPORT? CALL 850-270-8911, available 9-5pm EST. If you are in need of immediate mental health services call one of the agencies below available 24/7:

- National Suicide Prevention Hotline: 1-800-273-TALK (8255)
- SAMSA Disaster Helpline: 1-800-985-5990 or text TalkWithUs to 66746 or the Crisis Text Line: Text "HOME" to 741-741
- Florida Blue launched a 24-hour, free emotional support helpline for all Floridians. Any Floridian – even if uninsured or insured by another plan – can call 833-848-1762 for support in managing feelings of stress, anxiety, grief or fear related to the COVID-19 pandemic. Counselors cannot provide information on COVID-19 testing or treatment.

CLOTH FACE COVERS/MASK

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission. It is important to note that these face coverings:

- 1. Are not surgical or N-95 respirators, which continue to be reserved for healthcare workers and medical first responders, and
- 2. The use of cloth face coverings does not mean we can remove previously set social distancing measures.

For information on how you can make a facemask at home, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html> and watch this video <https://youtu.be/tPx1yqvJgf4>.

TESTING

Call your health care provider first or if you are symptomatic to determine the need for testing. If a person thinks they have COVID-19, they should call their health care provider before going to their office so the provider can take precautions to prevent exposing other people. In some cases, they are going to meet you in the parking lot. It's just a precaution. We are really trying to keep our healthcare workers safe. Other patients safe. Review your signs, symptoms and travel history with your physician. Your physician will evaluate you for other possible causes of respiratory illness and also contact the county health department to coordinate COVID-19 testing.

- To be prioritized for testing, patients must meet the **state's criteria**, which evaluates a combination of symptoms and risk factors. Their samples will be sent to the closest laboratory.
- If you don't meet priority criteria, you can discuss with your provider about possibly getting tested at a commercial laboratory (e.g. LabCorp or Quest).

- State lab results are generally available within 24-48 hours. Commercial labs can take 5-6 days. Turnaround time can for all be affected by demand.
- A person who thinks they were exposed and has no symptoms can self-isolate in their home for 14 days. Follow the CDC steps to help protect other people in your home and community: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

RURAL DEVELOPMENT

There are several resources available for rural residents and business coping with the impact of COVID-19. Please visit the Rural Development Coronavirus Response page: <https://www.rd.usda.gov/coronavirus>

REEMPLOYMENT ASSISTANCE

We encourage any Floridian whose employment has been negatively impacted as a result of COVID-19 to visit FloridaJobs.org and click on Reemployment Assistance Service Center to learn more about the program and watch a short video on how to apply. Click [here](#) for a direct link to instructions on how to apply for Reemployment Assistance. Select the hyperlink to download and view the [Reemployment Assistance Resource Guide](#).

If you can't apply by email you can pick up a paper application and submit it by mail. Below is the following pick up locations for paper applications in Gulf County. For more information call 850-229-1641.

- Port St. Joe – CareerSource, 401 Peters St.

CATHOLIC CHARITIES-BAY/ GULF/ FRANKLIN COUNTIES:

Financial Emergency/Hardship: 850-763-0475

1. Call First Monday of each month after 9am for screenings
2. An initial screening will take place on the phone to complete the application process and receive an appointment. a. Proof of need will be required: past due utility bill, proof of check stub from place of employment (before and after date affected).

LOCAL ISSUED ORDERS:

BOARD OF COUNTY COMMISSION UPDATES

On April 21, the Gulf County BOCC issued EO 20-05, amending the beach closures with new restrictions for conditional use and access of Gulf County beaches until further notice: Gulf County beaches shall be open to the public effective immediately for the daily hours of 6am-9am and 5pm-8pm EST for lawful and permissible activities while continuing to implement the CDC guidelines for social distancing and public congregation.

On April 16, the Gulf County Board of County Commissioners issued EO 20-04, rescinds its current burn ban for Gulf County; implements the restrictions to exclusive use and access of the White City and Indian Pass boat ramp are open to Gulf County residents only until further notice.

STATE ISSUED ORDERS:

To see ALL of Gov. DeSantis Executive Orders regarding COVID-19, visit: <https://www.flgov.com/covid-19/>

PHARMACIST TO ADMINISTER COVID-19 TEST

In an effort to increase testing, Governor DeSantis has directed Surgeon General Dr. Scott Rivkees on an emergency temporary basis to allow licensed pharmacists in Florida to order and administer COVID-19 tests.

UNEMPLOYMENT COMPENSATION

On April 16, Governor DeSantis issued [EO 20-104](#) which suspends the requirement that Floridians must recertify reemployment assistance status every two weeks.

VACATION RENTAL CLOSURES-EXTENDED

On April 10, the Governor issued [Executive Order 20-103](#), extending [Executive Order 20-87](#) until April 30, 2020.

FORECLOSURES & EVICTION RELIEF

On April 2, the Governor also issued [Executive Order 20-94](#), providing targeted, temporary relief from certain mortgage foreclosures and evictions for 45 days, without relieving an individual's obligation to make mortgage payments and rent payments.

REEMPLOYMENT ASSISTANCE PROGRAM

On April 2, Governor Ron DeSantis issued [Executive Order 20-93](#), directing the Department of Economic Opportunity (DEO) and other executive agencies to take necessary actions to improve DEO's Reemployment Assistance Program.

RESTAURANTS

On March 20, [Executive Order 20-71](#) directs all restaurants and food establishments to suspend on-premises food and alcohol consumption for customers.

Gulf County Chamber of Commerce resource list: <http://business.gulfchamber.org/list/>
[Check out the Digital Directory: Restaurants in Gulf County and Mexico Beach, FL](#)

SMALL BUSINESS LOANS

On March 17, Governor activated the Florida Small Business Emergency Bridge Loan Program to support small businesses impacted by COVID-19. The application period is open and runs through May 8, 2020. Interested businesses should visit FloridaDisasterLoan.org for more information.

FOOD PANTRY LOCATIONS

2nd and 4th Tuesday of the Month-WIG Community Center, 401 Peters St., Port St. Joe

STIMULUS PAYMENTS

Eligible taxpayers who filed tax returns for either 2019 or 2018 and chose direct deposit for their refund will automatically receive a stimulus payment of up to \$1,200 for individuals or \$2,400 for married couples and \$500 for each qualifying child, the IRS said Friday. For more information, [visit this article by USA Today](#).

CLOSURES & RESTRICTIONS:

SCHOOLS

Governor DeSantis announced on Saturday, April 18, that all K-12 schools will continue distance learning for the remainder of the 2019-2020 academic year. For the full release: <http://www.fldoe.org/newsroom/latest-news/florida-extends-distance-learning-through-remainder-of-academic-year.stml>

PIGGLY WIGGLY PSJ is open 6am to 10pm, 7 days a week and is now offering ONLINE shopping. Visit www.DurensPigglyWiggly.com. Starting 4/2/20 at 1:30 pm, there will be a limit of 50 customers inside the store at a time. They are asking people to shop alone when possible to support social distancing in the store. **If you are over the age of 65 or have a suppressed immune system, Duren's Piggly Wiggly is dedicated to keeping you safe. If you do not feel comfortable coming into the store, can't use the online service, or DO NOT HAVE ANYONE THAT CAN SHOP FOR YOU, please call 850-229-8398, ask for Ron, and they will shop for you.

Gulf County-Effective 4/21/20, the Gulf County BOCC voted to OPEN beaches daily from 6am to 9am and 5pm-8pm EST. These are the only times they will be open to visitors. There are no restrictions in place for beach activities. However, strict social distancing guidelines should be followed. All other national, state and local

travel restrictions and guidelines apply. Including the governor's ban on vacation property rentals through April 30, 2020. Order to follow.

City of Mexico Beach on April 15 rescinds its temporary beach closure for the hours of 6-9am CST and 5:30-7:30pm CST each day for the limited purpose of allowing individual recreational activities. For the full details visit: <http://www.mexicobeachgov.com/pdfs/298641520094534.pdf>

City of Port St. Joe on 4/22/20 the use of the Frank Pate Park boat ramp and associated parking area opens to PERMANENT Gulf County residents only. Permanent Gulf County residency can be established by a Florida driver's license or ID showing a Gulf County address, the person's name and photo. ALL vehicles and trailers utilizing the ramp must have Florida license plate and must be registered to a Gulf County address. This Emergency Ordinance shall be enforced by the Port St. Joe Police Department pursuant to Section 252.47.

Florida State Parks will close to the public effective Monday, March 23, 2020.

PHARMACY UPDATES

Effective immediately, all BUY RITE DRUG Pharmacies will be operating via drive-through only.

SHERIFF'S OFFICE

The Sheriff's Office is no longer allowing visitors in the lobby. Office staff will remain at work and will be accessible by telephone and email.

LIBRARIES

Both Gulf County libraries are closed until further notice.

ASCENSION SACRED HEART

Online urgent care is available through Ascension Online Care at a discounted \$20 with the code HOME. You can have a video visit with a doctor without leaving your home. Visit <http://ascension.org/onlinecare> to start your visit.

HEALTH DEPARTMENT

In order to promote social distancing and discourage gatherings of 10 or more people, the health department is asking all clients to call the front desk at (850) 227-1276, before entering the lobby. We're here for you! Give us a call to discuss curbside pickup for birth control, medications, or emergency contraception.

SUPPORTING CHILDREN THROUGH THE COVID-19 PANDEMIC

COVID-19 has upended children's daily lives, resulting in added stress and uncertainty. Studies show that adversity during childhood, including adversity stemming from natural disasters, can have lasting impacts on children's social emotional health. Fortunately, families can take steps to support and protect children's emotional well-being during the COVID-19 crisis. For more information visit the Nat'l Institute for Children's Health Quality site at [Article: Supporting Children's Health During and After the COVID-19 Pandemic](#)

Here are some clear, concrete tips for physically distancing while staying emotionally and socially connected <https://preventchildabuse.org/coronavirus-resources/>

The Germ that Wears a Crown: A Story About the Coronavirus: This is a story, coloring & activity book from FSU Center for Child Stress & Health to help children cope with COVID-19. The book teaches children about the virus, social distancing and how to express and manage strong emotions. Visit <http://fsustress.org/ebook.html> to download a free copy!

ABOUT COVID-19

COVID-19 transmission is more commonly spread from person to person through small droplets from the nose or mouth, including when an individual coughs or sneezes. This is why social distancing and keeping at least 6 feet between you and other people is so important. A person can get COVID-19 by touching droplets that can land on objects and surfaces and then touching their eyes, nose or mouth, although, this is a less common mode of transmission. The vast majority of cases have come from close, sustained contact with an individual with COVID-19.

Symptoms of COVID-19 are fever, cough and shortness of breath. Symptoms may appear in as few as two days or as many as 14 days following exposure. Most people recover from the COVID-19 without needing special treatment. The elderly and those with underlying medical problems like high blood pressure, heart problems and diabetes, and those with compromised immune systems are more likely to develop serious illness. There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. As a reminder, the Department always recommends everyday preventive actions to help impede the spread of respiratory diseases, including:

- Avoiding close contact with people who are sick;
- Staying home when you are sick and avoiding contact with persons in poor health;
- Avoiding touching your eyes, nose and mouth;
- Covering your cough or sneeze with a tissue, then disposing of the tissue;
- Washing your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, after blowing your nose, coughing or sneezing;
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty; and
- Cleaning and disinfecting frequently touched objects and surfaces using a regular household spray or wipe.

CLEANING AND DISINFECTANT SAFETY

The daily number of calls to poison centers increased sharply at the beginning of March 2020 for exposures to both cleaners and disinfectants. To reduce improper use and prevent unnecessary chemical exposures, users should always read and follow directions on the label, don't mix chemicals, wear protective gear, use in a well-ventilated area and store chemicals out of the reach of children. For more information you can contact the Poison Control hotline at 1-800-222-1222.

https://www.cdc.gov/mmwr/volumes/69/wr/mm6916e1.htm?s_cid=mm6916e1_w

What should I do if I recently traveled to an area with an outbreak of COVID-19?

If you are returning from an area with an outbreak of COVID-19, the CDC is recommending you self-isolate for 14 days immediately upon returning from your travels, even if asymptomatic (no symptoms). Follow the CDC steps to help protect other people in your home and community: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you develop a fever and symptoms of respiratory illness, such as cough or shortness of breath during those 14 days, contact your health care professional and mention your recent travel. Your provider will work with the health department to determine if you need to be tested for COVID-19. If you have had close contact with someone showing these symptoms who has recently traveled from an impacted area, you should call a health care professional and mention your close contact and their recent travel.

HOW LONG DOES IT TAKE TO RECOVER FROM COVID-19?

Most individuals who test positive for COVID-19 are able to recover at home. Individuals will be asked to remain at home, except to get medical care. Stay in touch with your doctor if you feel worse or you think it is an

emergency. People with COVID-19 who have stayed home can stop home isolation after meeting ALL of the following conditions:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
- Other symptoms have improved (for example, when cough or shortness of breath have improved)
- At least 7 days have passed since your symptoms first appeared

A test-based strategy is preferred for discontinuation of transmission-based precautions for patients who are hospitalized or severely immunocompromised or being transferred to a long-term care or assisted living facility.

STAY INFORMED:

To get the latest information, visit [FloridaHealth.gov](https://www.floridahealth.gov) and follow on Social Media:

Florida Department of Health: [@HealthyFla](https://twitter.com/HealthyFla) -or- [Facebook Florida Department of Health \(DOH\)](https://www.facebook.com/FloridaDepartmentofHealth)

Gulf/Franklin County Community Health Improvement Partners: [Facebook Gulf/Franklin County Community Health Improvement Partners](https://www.facebook.com/GulfFranklinCountyCommunityHealthImprovementPartners)