

### **Franklin and Gulf COVID – 19 Update – 7/30/2021**

For **Franklin County** updates straight to your phone: text **FranklinCV19** to 888777.

For **Gulf County** updates straight to your phone text **GULFCOVID** to 888777.

### **In July, 94% of all positive cases in Florida were from unvaccinated individuals.**

### **Florida Department of Health guidance remains – the vaccine is the most effective way to protect yourself from COVID-19.**

The COVID-19 vaccines continue to be vital to ending the pandemic, including combating the recent case increases nationally and globally. Vaccine benefits include:

- Significantly reduces the risk of contracting the virus even if you are exposed.
- Teaching your body how to fight the virus.
- Reducing the risk of severe symptoms, hospitalization, and death if you contract the virus.
- Minimizing the ability for the virus to spread, especially to our most vulnerable populations.
- Fighting against emerging variants that can cause worse symptoms and spread.

Florida has reached a milestone of a 61% vaccination rate for all eligible populations. Franklin and Gulf are in the 40s. It is essential to continue this stride and increase vaccination across eligible age groups.

Franklin: **43%** (Franklin total population (babies and up): 12,295 | Age 12 & older with vaccine: 4,799)

Gulf: **42%** (Gulf total population (babies and up): 14,829 | Age 12 & older with vaccine: 5,508)

State: **61%**

COVID-19 vaccines are available through your local health departments, Weems Memorial Hospital, Ascension Sacred Heart Gulf, PanCare of Florida, Inc., North Florida Medical Center and local pharmacy locations, including CVS and Buyrite. Call any of these locations!

### **What is going on with cases in Florida?**

In Florida, most of the cases have been among individuals 20-49 years of age. Most hospitalizations are among individuals 40-69 years of age. Most cases have been among **unvaccinated individuals**. We recognize that hospitalizations have shifted to a younger demographic because we have been so successful with vaccinating seniors. Again, we must continue this stride to expand vaccination rates across eligible age groups.

### **What is going on with cases in Franklin and Gulf?**

Same as the state. The vast majority of our cases are from **unvaccinated individuals**. As cases increase, individuals should continue to watch for COVID-19 symptoms, **especially if unvaccinated**.

**If you've had a COVID-19 test, you can use the Healthy Together App for results and more:**

- **Access your results.** Use the app to securely view your COVID-19 test results.
- **Provide symptoms and contacts.** Positive residents can provide symptoms to the state.
- **Learn what to do after you get tested.** Get your test results and instructions for care.

Apple Iphone: <https://apps.apple.com/app/id1507570835>

Google Play: <https://play.google.com/store/apps/details?id=co.twenty.stop.spread>

**GULF:**

Week	Positive	Total tested	Percent positive
7/2/2021	22	95	23.16%
7/9/2021	46	195	23.59%
7/16/2021	76	338	22.49%
7/23/2021	128	455	28.13%

**FRANKLIN:**

Week	Positive	Total tested	Percent positive
7/2/2021	3	48	6.25%
7/9/2021	15	76	19.74%
7/16/2021	26	137	18.98%
7/23/2021	73	257	28.40%

**"I know someone who got the vaccine and still got COVID-19."**

These are called breakthrough cases and they only account for 6% of all the cases in Florida in the last month. Breakthrough cases, also known as breakthrough infections, are not unique to COVID-19. A breakthrough case is when an individual is immunized through a vaccination for an illness, and still contracts the illness. This can occur with chicken pox and influenza. However, breakthrough cases typically experience milder symptoms. Vaccines remain the best way to protect yourself from COVID-19.

**I got COVID-19. What should I do?**

Individuals diagnosed with COVID-19 should remain isolated at home and away from others. If you are sick, regardless of what the illness is, STAY HOME unless you need medical care. Please do not spread germs to others when you know you are not feeling well. You can be around others after:

1. At least 10 days since symptoms first appeared (because you are infectious to others during that 10-day period) **and**
2. At least 24 hours with no fever without fever-reducing medication **and**
3. Other symptoms of COVID-19 are improving

**I've been around someone who had COVID-19. What should I do?**

If you have been exposed to a positive individual and are not vaccinated, STAY HOME and follow your quarantine orders. If you do not have symptoms, please do not rush out to get a test immediately after an exposure and then go back to work because it was negative. Remember that infection can happen 2-14 days after an exposure and we mostly see infections occur within the 5-10 day timeframe. If you do not follow your quarantine orders that are provided to you, you will continue to spread COVID-19 to others. Specific guidance about quarantine available below.

**Quarantine guidance – Vaccinated:**

If the individual who has been exposed to COVID-19 has been completely vaccinated for COVID-19 and it has been at least 14 days since the last dose of the vaccination series was administered, they do not have to quarantine following an exposure. They should however monitor themselves for symptoms for the 10 days following exposure. If symptoms occur, they should seek testing and reach out to the health department for further guidance.

**Quarantine guidance – Unvaccinated:**

If the individual who has been exposed to COVID-19 has not been vaccinated for COVID-19, the vaccination series has not been completed, or it has not been at least 14 days since the final series dose was administered, the individual should quarantine\*.

Release from quarantine exists in 2 ways currently:

1. Quarantine at home for 10 days
2. Quarantine at home, have a negative Covid test completed on or after day 6, remain home without symptoms through day 7 and go back to normal life on day 8 (AS LONG AS the individual continues to be symptom free).

**If the individual is waiting on a test result they should remain home until results are received.**

**Isolation** – this occurs when an individual has COVID-19

**Quarantine** – this is when an individual has been a contact to someone with the COVID-19 virus

**Close contact** – defined as being less than 6 foot for more than 15 minutes around someone who had COVID-19

**Public health is everyone's responsibility.**

In addition to getting vaccinated, the best way to prevent illness is to practice tried and true public health mitigation measures, including:

- Getting vaccinated against other preventable diseases.
- Staying home when you are sick.
- Washing your hands frequently and for at least 20 seconds.
- Using hand sanitizer that contains at least 60% alcohol in the ingredients.
- Covering your cough or sneeze by using a tissue or your sleeve or elbow.
- Avoiding touching your eyes, nose and mouth.
- Cleaning and disinfecting frequently touched objects and surfaces.