

COVID-19: What You Need to Know at Ocean Reef

This year has been unlike any other previously experienced. Many of you have called into the Medical Center to express your concerns, ask questions and understand how best to ensure the welfare of family, friends and our Ocean Reef community. In an effort to provide additional guidance, your Medical Center has developed the following recommendation. This information is a composition of guidance sourced from the CDC. Additional information can be referenced by visiting the CDC's web page at www.cdc.org.

Arrival and Departures:

- The Medical Center recommends establish a base line and test before arriving to Ocean Reef.
 - **If you have COVID symptoms, tested positive or have been in close contact with someone that has the virus; Defer your arrival to the Reef until you are negative or have successfully completed the quarantine period.**
 - Pre-travel testing would reduce the risk of allowing COVID-19 infected people on airplanes and other forms of public transportation, provided that the results of the testing are known and acted upon before travel begins. *Ref. CDC.*
 - Post-arrival testing can help reduce the risk of infected persons spreading the virus at their destination (whether at home or at their travel location). *Ref. CDC.*
 - If you opt for "post-arrival" testing, the Medical Center recommends setting aside a 3-5 day self-quarantine period each member of your travel party to include family and friends. ***Please call the Medical Center to schedule your testing appointment***
 - Not all testing methodologies are the same.
 - It is important to confirm with your State and Local government agencies to ensure you have identified the appropriate test for travel
 - The timing (turn-around time) of results may vary. Plan accordingly.

Responsible Citizenship:

- The wearing of a mask in all designated areas defined by the CDC and/or when required.
- Implement Social Distancing strategies whenever and wherever appropriate
- Avoid large social gatherings of more than 10 people
- Engage in pro-active sound sanitation techniques.

Testing: Considerations for who should get tested

- People who have symptoms of COVID-19.
- People who have had [close contact](#) (close contact as being within 6 feet of someone with the virus for a *cumulative total* of 15 minutes (or more) over a 24-hour period.) with someone with confirmed COVID-19.

- People who have been asked or referred to get testing by their healthcare provider, local or state health department.
- **Not everyone needs to be tested.**
 - If you do get tested, you should self-quarantine/isolate at home pending test results and follow the advice of your health care provider or a public health professional. A negative coronavirus test result means you didn't have the virus when you took the test (or you were tested too early in the infection for the virus to be detected). It doesn't protect you from future infection after you leave the testing site and take a plane, train, bus or car on a trip.
- **If you test positive for COVID-19**, know what protective steps to take [if you are sick](#).
 - Most people have mild COVID-19 illness and can recover at home without medical care. Contact your healthcare provider if your symptoms are getting worse or if you have questions about your health.
- **If you test negative for COVID-19**, you probably were not infected at the time your sample was collected. This does not mean you will not get sick:
 - **A negative test result only means that you did not have COVID-19 at the time of testing or that your sample was collected too early in your infection.**
 - You could also be exposed to COVID-19 after the test and then get infected and spread the virus to others.
 - If you have symptoms later, you may need another test to determine if you are infected with the virus that causes COVID-19.
- The Medical Center will prioritize Symptomatic testing request. All other associated COVID testing request(s) will be scheduled for the first available time scheduled appointment.

Reference Links:

1. <https://youtu.be/KpXZkChOXwI>
2. <https://www.cdc.gov/mmwr/volumes/69/wr/mm6945a5.htm>
3. <https://www.cdc.gov/media/releases/2020/p0714-americans-to-wear-masks.html>
4. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
5. **Travel Restrictions State & Territorial Health Department Websites:**
<https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>
6. **What to know if you're considering travel:** <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
7. **What to know: Holiday Celebrations and Small Gatherings:**
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>
8. **Testing: What to know:** <https://www.fda.gov/consumers/consumer-updates/coronavirus-disease-2019-testing-basics>
9. <https://www.nytimes.com/2020/11/16/health/Covid-moderna-vaccine.html>