

December 24th, 2021



PLEASE NOTE THE MEDICAL CENTER'S HOLIDAY HOURS:

NEW YEARS EVE, FRIDAY DECEMBER 31ST

8AM- NOON

NEW YEARS DAY, SATURDAY JANUARY 1ST

CLOSED

WHEN SHOULD YOU TEST FOR COVID?

Those who have been fully vaccinated and around someone who has COVID-19 are recommended to get tested between five (5) and seven (7) days after their exposure, according to the most recent guidance from the CDC, though previous guidance had been between three and five days.

COVID-19 Testing Sites out of ORC

In Key Largo

- Advance Urgent Care – (305) 294-0011 – Appointment Required

100460 Overseas Highway, Key Largo, FL 33037

13365 Overseas Highway, Marathon, FL 33050

- CVS Pharmacy – (305) 451-3261 – Appointment Required

99434 Overseas Highway, Key Largo, FL 33037

- Founder's Park Islamorada - No Appointment Required

Open: Mon – Sun 9am-4pm

87000 Overseas Highway, Islamorada, FL 33036

- Walgreens – No Appointment Required

5271 Overseas Hwy, Marathon, FL 33050

10870 Overseas Hwy., Marathon, FL 33050



In Homestead/Miami-Dade

- Harris Field Park – No Appointment Required

Open: Mon – Sun 9am – 4pm

1034 NE 8th St Homestead, FL 33030

- Homestead Air Reserve Park – No Appointment Required

Open: Mon – Sun 8am – 7pm

12200 SW 268 Street, Homestead, FL 33032

- South Dade Government Center – No Appointment Required

Open: Mon – Sun 24hrs

10710 SW 211 Street, Cutler Bay, FL, 33189

- Baptist Health Urgent Care - Country Walk – No Appointment Required

Open: Mon – Sun 9am – 2pm, 3:30pm – 9pm

(786) 596-4300 – 13500 SW 152 St., Miami, FL 33177

- Baptist Health Urgent Care - Palmetto Bay – No Appointment Required

Open: Mon-Sun 11am – 3pm, 4:30pm – 11pm

(786) 596-3840 – 8750 SW 144 St, Palmetto Bay, FL 33176

- A.D. Barnes Park – No Appointment Required

Open: Mon-Sat 8am-5pm

3401 SW 72 Ave, Miami, FL 33155



- UHealth Jackson Urgent Care - Country Walk – No Appointment Required

Open: Mon – Sun from 8am-7pm

13707 SW 152nd St., Miami, FL 33177

- UHealth Jackson Urgent Care - Cutler Bay – No Appointment Required

Open: Mon – Sun from 8am-7pm

(305) 585-9230 – 18910 South Dixie Highway, Cutler Bay, FL 33157

MCOR'S CURRENT COVID-19 VACCINATION QUALIFICATIONS:

Vaccine: Pfizer (A Pfizer booster can be received even if prior vaccination are Moderna or J&J)

Dose Type: 1st, 2nd and Booster

Eligibility:

1st & 2nd dose 12+ years of age

Minors 5 – 11 years of age should be directed to schedule with Dr. Monte-Fernandez/Nicklaus Children's Hospital

16+ years of age for a Booster dose (FDA/CDC approved the drop in age last night). Minors will need to be accompanied by their guardian

3wks (21 days) between 1st and 2nd dose

6 months between 2nd dose and Booster

2wks between Flu vaccination and COVID-19 vaccination

Participants must have access to Ocean Reef

90 days post COVID Antibody Treatment

The Possibility of COVID-19 after Vaccination: Breakthrough Infections

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/why-measure-effectiveness/breakthrough-cases.html>

Key Points

- COVID-19 vaccines protect everyone ages 5 years and older from getting infected and severely ill, and significantly reduce the likelihood of hospitalization and death.
- Getting vaccinated is the best way to slow the spread of COVID-19 and to prevent infection by Delta or other variants.
- A vaccine breakthrough infection happens when a fully vaccinated person gets infected with COVID-19. People with vaccine breakthrough infections may spread COVID-19 to others.
- Even if you are fully vaccinated, if you live in an area with [substantial or high transmission](#) of COVID-19, you – as well as your family and community – will be better protected if you wear a mask when you are in indoor public places.
- People who are [immunocompromised](#) may not always build adequate levels of protection after an initial 2-dose primary mRNA COVID-19 vaccine series. They should continue to take all precautions recommended for unvaccinated people, until advised otherwise by their healthcare professional. Further, CDC recommends that moderately to severely [immunocompromised people receive an additional primary dose](#) of vaccine.

COVID-19 vaccines are safe and effective at preventing infection, hospitalization, and death. Most people who get COVID-19 are unvaccinated. However, since vaccines are not 100% effective at preventing infection, some people who are [fully vaccinated](#) will still get COVID-19. An infection of a fully vaccinated person is referred to as a breakthrough infection. People who get vaccine breakthrough infections can be contagious but are less likely than unvaccinated people to be hospitalized or die from COVID-19.

To reduce the risk of becoming infected with SARS-CoV-2 (the virus that causes COVID-19) including the Delta variant, and potentially spreading it to others, CDC recommends that fully vaccinated people:

- Wear a mask indoors in public if they are in an area of [substantial or high transmission](#).
 - Fully vaccinated people might choose to wear a mask regardless of the level of community transmission, particularly if they or someone in their household is immunocompromised or at [increased risk for severe disease](#), or if someone in their household is unvaccinated.
- Get tested if experiencing [COVID-19 symptoms](#).
- Get tested 5-7 days after [close contact](#) with someone with suspected or confirmed COVID-19.
- Wear a mask indoors in public for 14 days after exposure to a [close contact](#) or until a negative test result.
- [Isolate](#) if they have tested positive for COVID-19 in the prior 10 days or if they are experiencing [COVID-19 symptoms](#).
- Follow any applicable federal, state, local, tribal, or territorial laws, rules, and regulations.

Travel

Traveling Internationally?

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel/index.html>

Travel Requirements have changed. Starting December 6, all air passengers, regardless of vaccination status, must show a negative COVID-19 test taken no more than 1 day before travel to the United States.



<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

TRAVEL UPDATES:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Do NOT travel if...

- You have been exposed to COVID-19, unless you are fully vaccinated or recovered from COVID-19 in the past 90 days.
- You are sick.
- You tested positive for COVID-19 and haven't ended isolation (even if you are fully vaccinated).
- You are waiting for results of a COVID-19 test. If your test comes back positive while you are at your destination, you will need to isolate and

postpone your return until it's safe for you to end isolation. Your travel companions may need to self-quarantine.

VISITING SPECIALIST UPATE:



Ophthalmology:

Effective December 1st, 2021 the telephone number patients call to register/schedule appointments for University of Miami Bascom Palmer Eye Institute Ophthalmology and University of Miami Urology is:

786-530-2289.

AUDIOLOGY:

Daisy Elwick will be adding on Saturday January 15th and 29th from 9AM -2 PM.

RESOURCE

Additional information, links to community and local resources, MCOR's updated COVID-19 tracking grid and more is available at:

WWW.MCOR.ORG