

January 21st, 2022

Good day all,

Following a successful implementation of a rapid COVID testing initiative over the course of the last 3 weeks; complimentary services have concluded. The Medical Center at Ocean Reef will resume scheduled testing Monday, January 24th, 2022. To schedule a COVID test, please call your Medical Center at 305.367.2600.



HOW DO I GET A FREE TEST KIT FROM THE GOVERNMENT?

- Head over to covidtests.gov to order tests
- Orders are limited to 1 per household
- Each order has 4 Rapid Antigen Test

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.

Need a COVID-19 Test? Know Where to Go

Asymptomatic/ No Symptoms

- Community testing site
- At-home test kit



Mild to Moderate Symptoms

- Your doctor
- A local retail pharmacy or urgent care provider



Severe Symptoms

- Emergency room or call 911



<https://baptisthealth-coronavirus.com/covid-19-testing>

COVID VACCINE:

The Medical Center continues to schedule individuals for vaccine on Wednesday's of each week provided MCOR is able to coordinate groups of 6.



<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