

# COVID - 19 Community Guidance

## I. Guidance from the CDC and Florida Department of Health

((From CDC.gov and FloridaHealthCovid19.gov; Recommendations from the CDC)

### ***What can I do to prevent and prepare for COVID-19?***

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to the virus (and avoid exposing other people). Here's how:

#### **Practice social distancing**

If you are around other people, keep 6 feet between you when possible. Avoid hugs, handshakes, large gatherings and close quarters.

**Why?** The virus is thought to spread mainly from person-to-person. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the coronavirus if the person coughing has the disease.

#### **Wear a cloth face cover in public**

Cover your mouth and nose with a [cloth face cover](#) when around others and out in public, such as the grocery store.

Do NOT use a facemask meant for a healthcare worker. Don't place a cloth face cover on young children under age 2, anyone who has trouble breathing, or any who is unable to remove the mask without assistance.

**Why?** You could spread COVID-19 to others even if you do not feel sick. The cloth face cover is meant to protect other people in case you are infected.

#### **Avoid touching eyes, nose and mouth**

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.

#### **Cover coughs and sneezes**

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.

**Why?** Droplets spread the virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

### **Clean and disinfect “high-touch” surfaces**

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, first clean with detergent or soap and water, and then disinfect. Most common [EPA-registered household disinfectants](#), diluted household bleach solutions, and alcohol solutions with at least 70% alcohol will work. See [how to make a bleach solution](#) if disinfectants are not available.

## ***How do I know if I have COVID-19?***

### **Watch for symptoms**

People with COVID-19 have reported a wide range of symptoms — ranging from mild to severe. **Symptoms may appear 2-14 days after exposure to the virus.**

Use the [CDC’s self-checker](#) to help make decisions and seek appropriate medical care regarding COVID-19.

**You may have COVID-19 if you have these symptoms or combinations of symptoms:**

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

**Children** have similar symptoms to adults and generally have mild illness.

This list is not all inclusive. Talk to your healthcare provider about any other symptoms that are severe or concerning to you.

### **Get tested**

If you are concerned about your status, get tested for COVID-19 right away. Even if you don't have symptoms, you can get tested.

Find [testing sites](#) for walk-up and drive-thru testing. Testing differs by location. More and more sites offer rapid tests and antibody testing.

## ***What should I do if I am sick?***

### **Stop the spread when you're sick**

There is no specific antiviral treatment recommended for COVID-19.

If you are sick with a fever (100.4°F/38°C or higher) or cough, have trouble breathing, or suspect you have COVID-19, here's how to help prevent the disease from spreading to people in your home and community:

### **Self-isolate at home**

If you're mildly ill with COVID-19, isolate at home during the illness. You should restrict activities outside your home, except for getting medical care.

Do not go to work, school or public areas. Avoid using public transportation, ride-sharing, or taxis.

### **Stay away from others**

As much as possible, stay in a specific room and away from other people in your home. Use a separate bathroom, if available.

Avoid all contact with pets and other animals while you are sick with COVID-19, just like you would around other people.

**Why?** Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

### **Wear a facemask if you are sick**

**If you are sick**, wear a facemask around other people.

**Why?** When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are not able to wear a facemask (for example, because it causes trouble breathing), then cover your coughs and sneezes. People caring for you should wear a facemask around you.

### **Practice every day healthy hygiene habits to prevent spreading COVID-19:**

- ✓ **Practice social distancing**
- ✓ **Wear a cloth face cover in public**
- ✓ **Avoid touching eyes, nose and mouth**
- ✓ **Cover coughs and sneezes**
- ✓ **Clean and disinfect “high-touch” surfaces**

## II. What is the HDOA doing to mitigate, reduce and prevent community transmission of COVID-19?

### Follow a Risk-based Approach established by the CDC

The Association has established guidance for all owners, residents, guests, realtors and contractors based upon the CDC assessment of community transmission risk.

| <i>Level of Community Transmission</i>            | <i>Community characteristics and description</i>  | <i>Level of mitigation</i> |
|---|---|----------------------------|
| <b>Substantial, uncontrolled transmission</b>     | Large scale, uncontrolled community transmission, including communal settings (e.g., schools, workplaces)                                     | Shelter in place           |
| <b>Substantial, controlled transmission</b>       | Large scale, controlled community transmission, including communal settings (e.g., schools, workplaces)                                       | Significant mitigation     |
| <b>Minimal to moderate community transmission</b> | Sustained transmission with high likelihood or confirmed exposure within communal settings and potential for rapid increase in cases          | Moderate mitigation        |
| <b>No to minimal community transmission</b>       | Evidence of isolated cases or limited community transmission, case investigations underway; no evidence of exposure in large communal setting | Low mitigation             |

### Current Assessment of Hammock Dunes Risk

As of August 6th, 2020, Hammock Dunes falls within the "No to minimal community transmission" category.

### Key Strategies

The following three strategies will form the basis of all actions undertaken by the HDOA.

1. Universal CDC precautions will be the foundation of the COVID-19 efforts:
  - a. All individuals need to follow healthy hygiene practices
  - b. All individuals need to stay at home when sick, after being exposed to the virus, or after testing positive for the virus
  - c. All individuals need to practice social distancing
  - d. All individuals need to use a face cloth (with some exceptions) in community situations when physical distancing cannot be maintained.
2. Neighborhood HOAs and COAs - will supplement the HDOA Community Framework based upon their individual assessments of neighborhood/condo risks.

3. Any more restrictive federal, state or local directives will be incorporated into the COVID response plan, should they occur.

### Key Areas of Focus

Mitigation efforts will be applied as follows:

**Area:**

**Mitigation Efforts:**

***ACCESS CONTROL***

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>❖ Owners</li> <li>❖ Guests/visitors</li> <li>❖ Contractors</li> <li>❖ Realtors/potential buyers</li> </ul> | <ul style="list-style-type: none"> <li>✓ Universal CDC precautions</li> <li>✓ CDC/State of Florida recommended Quarantine Guidelines</li> <li>✓ Be aware that neighborhood/condo rules may be more stringent</li> </ul> |
|---|---|

***COMMON AREAS***

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>❖ Walkways</li> <li>❖ Parks/Seating Areas</li> <li>❖ Restroom</li> <li>❖ Bike Racks</li> <li>❖ Dunes Walkovers</li> <li>❖ Clicker Beach</li> </ul> | <ul style="list-style-type: none"> <li>✓ Universal CDC precautions</li> <li>✓ Personal responsibility - do not use if symptomatic, if exposed to COVID-19 within past 10 days, or if tested positive within the last 10 days</li> <li>✓ Increased level of cleaning by the HDOA, however, all are encouraged to clean areas both before and after usage</li> <li>✓ Additional cleaning supplies provided in Restroom</li> </ul> |
|---|---|

***BUSINESS***

***OPERATIONS:***

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>❖ SSMG</li> <li>❖ HDOA Meetings</li> </ul> | <ul style="list-style-type: none"> <li>✓ Universal CDC precautions</li> <li>✓ Offices closed; transact business remotely</li> <li>✓ All HOA-sponsored meetings via video/conference call</li> </ul> |
|---|---|

***KEY CONTRACTORS***

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>❖ Securitas</li> <li>❖ Corey</li> <li>❖ DCDD Irrigation Water</li> </ul> | <ul style="list-style-type: none"> <li>✓ Universal CDC precautions</li> <li>✓ Outside contractors may remove face coverings when not within 6ft of residents</li> <li>✓ Contractors to provide the protocols they are following and notify SSMG should there be any positive test results and/or sick employees</li> <li>✓ DCDD irrigation water guidance should be followed by all</li> </ul> |
|---|--|

**Area:**

**Mitigation Efforts:**

***MAINTENANCE***

***OPERATIONS***

- ❖ Landscaping
- ❖ Irrigation
- ❖ Capital Projects

- ✓ Universal CDC precautions
- ✓ Outside contractors may remove face coverings when **not** within 6feet of residents
- ✓ Contractors to provide the protocols they are following and notify SSMG should there be any positive test results and/or sick employees

***COMMUNITY SUPPORT***

- ❖ General COVID-19 information sharing/resources
- ❖ Medical Resources
- ❖ Key Topics of Interest (Pets)

- ✓ Designate a key SSMG contact person
- ✓ Provide links/resources on any electronic communications
- ✓ Designate a COVID Update "day" and only increase frequency of communications if the risk level/governmental guidance changes

**How will the HDOA communicate with me?**

The HDOA will utilize multiple platforms to disseminate information:

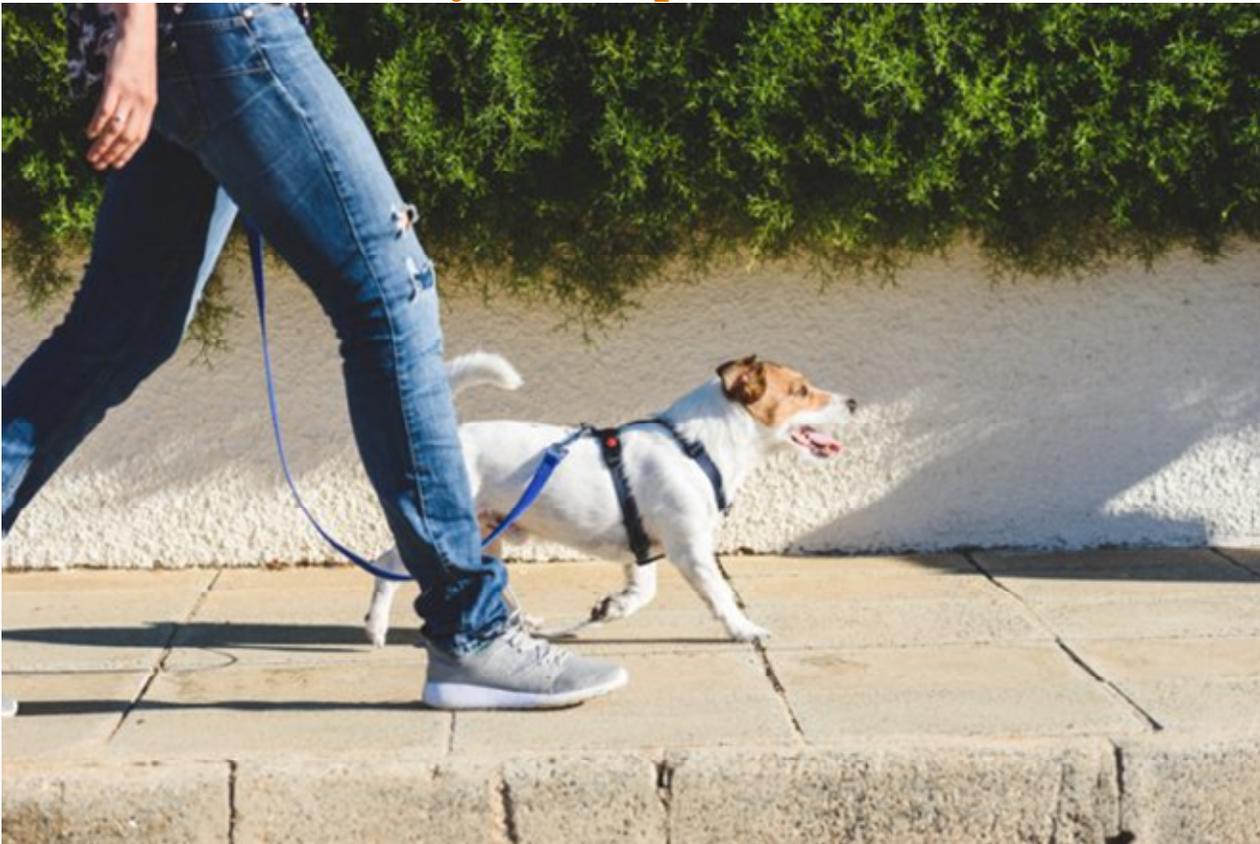
1. **Electronic Mail** - weekly COVID Updates providing reminders and most recent key metrics regarding the impact/spread of the virus in Flagler County
2. **HammockDunes.com** - weekly updates will be a pop-up. Separate menu to link to key federal, state and local websites
3. **Inside the Gate**- article/letter to all owners describing the Hammock Dunes COVID-19 Response Plan in the August edition
4. **Poster Boards/Signage** - Universal CDC precautions on entrance roadways; appropriate common area signage reminders
5. **Handouts** - All visitors will be provided a "Welcome to Hammock Dunes! document identifying the mitigation efforts that Hammock Dunes has put in place and request their compliance.

### III. Special Topics of Interest

#### ❖ **Pets**

#### ❖ **Use of the Beach**

#### **Pets: What to do if you own pets** (from CDC.gov)



Until more is learned about how this virus affects animals, treat pets as you would other human family members to protect them from a possible infection.

Because there is a small risk that people with COVID-19 could spread the virus to animals, CDC recommends that pet owners limit their pet's interaction with people outside their household.

- Keep cats indoors when possible and do not let them roam freely outside.
- Walk dogs on a leash at least 6 feet (2 meters) away from others.
- Avoid public places where a large number of people gather.
- Do not put face coverings on pets. Covering a pet's face could harm them.

There is no evidence that the virus can spread to people from the skin, fur, or hair of pets. Do not wipe or bathe your pet with chemical disinfectants, alcohol, hydrogen peroxide, or any other products not approved for animal use.

Talk to your veterinarian if your pet gets sick or if you have any concerns about your pet's health.

### **How to protect pets if you are sick**

If you are sick with COVID-19 (either suspected or confirmed by a test), you should restrict contact with your pets and other animals, just like you would with people. Until we know more about this virus, people sick with COVID-19 should **avoid contact with pets and other animals**.

- When possible, have another member of your household care for your pets while you are sick.
- Avoid contact with your pet including petting, snuggling, being kissed or licked, sharing food, and sleeping in the same bed.
- If you must care for your pet or be around animals while you are sick, wear a cloth face covering and wash your hands before and after you interact with them.

If you are sick with COVID-19 and your pet becomes sick, **do not take your pet to the veterinary clinic yourself**. Call your veterinarian and let them know you have been sick with COVID-19. Some veterinarians may offer telemedicine consultations or other plans for seeing sick pets. Your veterinarian can evaluate your pet and determine the next steps for your pet's treatment and care.

### **How to stay healthy around animals**

In the United States, there is no evidence that animals are playing a significant role in the spread of COVID-19. Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low. However, because all animals can carry germs that can make people sick, it's always a good idea to practice [healthy habits](#) around pets and other animals.

- Wash your hands after handling animals, their food, waste, or supplies.
- Practice good pet hygiene and clean up after pets properly.
- Talk to your veterinarian if you have questions about your pet's health.
- Be aware that [children 5 years of age and younger](#), people with weakened immune systems, and older adults are more likely to get sick from germs some animals can carry.

## Use of the Beach (from CDC.gov)

### What you need to know

- Stay home if you are sick, been exposed to the virus in the last 14 days, or tested positive within the last 14 days. .
- Stay at least 6 feet away, both in and out of the water, from people you don't live with.
- Wear a mask when you are not in the water; recommended by the CDC.
- Wash your hands often and don't share items with people you don't live with.

The places we visit to swim, play, and relax in water include beaches — swim areas in oceans, lakes, and other natural bodies of water — and pools, water playgrounds, and hot tubs. There is no evidence that SARS-CoV-2, the virus that causes COVID-19, can spread to people through water in these places.

- In or out of the water, stay at least 6 feet away from people you don't live with
- The virus is thought to spread mostly person-to-person, by respiratory droplets released when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. The virus might also spread to hands from a contaminated surface and then to the nose, mouth, or possibly eyes. Infected people can spread the virus whether or not they have symptoms.
- Fortunately, there are several actions you can take to reduce your risk of getting or spreading the virus when you go to public swim areas, such as beaches, pools, water playgrounds, and hot tubs.

### Before you go

- Stay home if you have [symptoms of COVID-19](#), have been diagnosed with COVID-19, are waiting for COVID-19 test results, or were recently exposed to someone with COVID-19.
- Check to see if the public swim area, pool, water playground, or hot tub [has steps in place](#) to prevent the spread of the virus.
- Bring supplies that help you and others stay healthy—for example, a mask (or two, for each person, in case one gets wet), hand sanitizer with at least 60% alcohol, disinfectant wipes, tissues, and paper towels.

### Use social distancing in and out of the water

- Whether you're in or out of the water, stay at least [6 feet away](#) from people you don't live with.
- Avoid crowded swim areas, beaches, pools, water playgrounds, and hot tubs where you cannot stay 6 feet away from others.

### **Wear a mask**

Wear cloth face coverings when you are not in the water

- Wear [masks](#) when you are **not** in the water.
  - [Do not place a mask](#) on children younger than 2 years of age or on anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the cover without help.
- Face coverings are especially important when physical distancing is hard.

### **Wash hands often and avoid sharing items**

- [Wash your hands](#) with soap and water for at least 20 seconds, especially before eating or drinking and when you arrive and leave the swim area. If soap and water are not available, use hand sanitizer with at least 60% alcohol and rub until your hands are dry.
  - Hand sanitizers are not as effective when hands are visibly dirty or greasy, so wipe sand or dirt off before applying it.
- Avoid sharing items, such as food, equipment, toys, and supplies, with people who don't live with you.
- If you are not wearing your mask, make sure [to cover coughs and sneezes](#) with a tissue or inside of your elbow, throw the tissue in the trash, and wash your hands immediately, or if soap and water are not available, use hand sanitizer.

Check out more information on how to [protect yourself and others](#). Know the [symptoms](#) of COVID-19, and contact your health care provider if you develop symptoms.

Swimming does carry some health and safety risks. Visit [CDC's Healthy Swimming website](#) for information to help you prevent illness and [drowning](#), so you can safely enjoy the fun and health benefits of swimming.