

Contact Us:

Customer Service
(352) 753-4508

Administration
(352) 751-3939

Budget
(352) 674-1920

Community Standards
(352) 751-3912

Community Watch
(352) 753-0550

Property Management
(352) 753-4022

Finance Customer Service
(352) 750-0000

Human Resources
(352) 674-1905

Public Safety
(352) 205-8280

Purchasing
(352) 751-6700

Recreation Administration
(352) 674-1800

Risk Management
(352) 674-1828

Utility Operations
(352) 751-3939

District Weekly Bulletin



This photo was submitted by Lisa Babbitt, Customer Service Department, as part of the photo contest for the cover of the annual District 3 Community Development District Audit Report. To view the entire audit report for District 3 or any of The Village Community Development Districts, please visit www.DistrictGov.org.

CDD Orientation

This valuable program is held each Thursday at 10:00 a.m. at the District office located at 984 Old Mill Run in Lake Sumter Landing. For additional information, please contact the District Customer Service Center at 352-753-4508.

CDD Orientation is currently cancelled.

The Villages®

Community Development Districts

Executive Golf


Executive Golf Modifications

There is no longer an exchange of cash for payment of a daily trail fee or guest rate to play golf. Trail Fees must be paid in advance or via phone with a credit card. To accommodate residents and make this transition as seamless as possible, the following updates took effect on April 8th:

- A new temporary monthly flat fee of \$ 20.00 per month for Trail Fees was created. This is in addition to the 6-month and yearly trail fee options.
- Customer Service and Recreation Administration are taking calls and payment from residents Monday – Friday from 6:45am to 5pm and Saturday & Sunday from 6:45am – 4:00pm.
- The Starter Shacks are providing a phone number to those residents wishing to purchase the monthly trail fee. In addition, Customer Service continues to be available via email at CustomerService@districtgov.org and will contact residents via telephone to pay annual trail fees.
- Tee time hours are being modified to reflect the current available staffing levels of Executive Golf Operations. Hours are from 7am through 4pm.
- A golfer still has the ability to play by walking with a pull cart or carrying their own bag.
- Only single riders in golf cars are permitted unless the individuals are cohabitating in the same home.

In addition to the changes in trail fee transactions, guests are temporarily not permitted to golf. Eliminating all money transactions at the Starter Shacks provides for enhanced protection as we all make extra allowances to fight the spread of COVID-19. Please note that this does not impact the ability for residents (owners, non-owners or renters) to play. This only impacts those guests with a Guest ID that normally pay a guest rate to play golf.

Frequently Asked Questions and Answers

 Submit Feedback,
Inquiry, or Concern

The Villages® Community Development Districts Utilities

What can I do to conserve water?

This April marks the 22nd anniversary of Water Conservation Month. This month is traditionally one of the driest of the year and marks the peak demand season for public water suppliers.

The District especially encourages conservation throughout April on top of year-round conservation. District residents can participate by being mindful of water use in their everyday household activities.

Here are some tips on saving water indoors:

- Watch out for silent leaks in toilets. Remove the toilet tank lid and any colored cleaning agents. Flush to clear the water in the bowl. Add dye tablets, leak detector fluid or even a few drops of food coloring to the tank. If there is a leak, color will appear in the bowl within 10 to 15 minutes. Flush when the test is completed.
- Take shorter showers and make sure there are no leaks in showerheads. If there is a leak, make sure the showerhead is screwed tightly. Additionally, make sure showerheads are low-flow. Older high-volume showerheads deliver 4 gallons of water per minute. New low-volume showerheads deliver 2.5 gallons per minute. Pressures have been adjusted to the low-flow fixtures to deliver as good a shower as the higher flow showerheads.
- If you believe that you have a potable water leak, send Utility Billing Customer Service an email at Utilities@districtgov.org and they can review your billing history. Potable water conservation is a nationwide high light this month as this is a valuable resource. We all share in the stewardship of the valuable resource.
- Adjust wash cycles for laundry. Select the minimum volume of water required for each load. Normal and permanent press wash cycles use more water, so use the shortest wash cycle for lightly soiled loads. Stains can be pretreated to avoid rewashing.

To learn more about water conservation, please visit WaterMatters.org/Conservation.

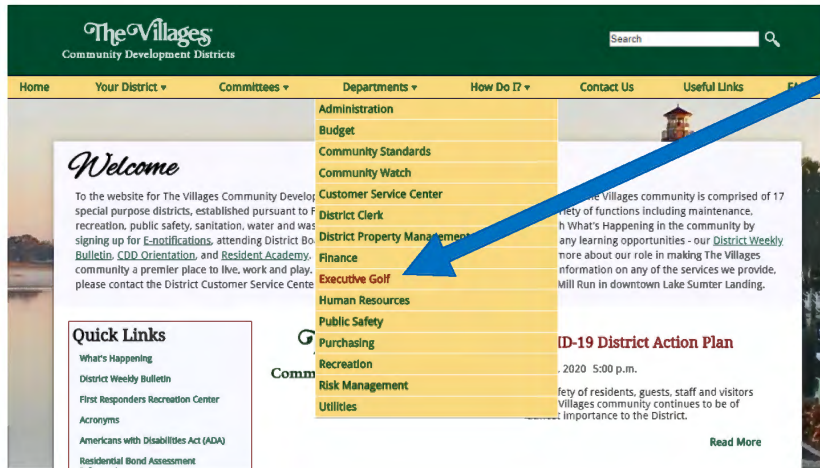


www.DistrictGov.org

The Villages®

Community Development Districts
Executive Golf

Where can I find a map of the Golf Courses in The Villages?

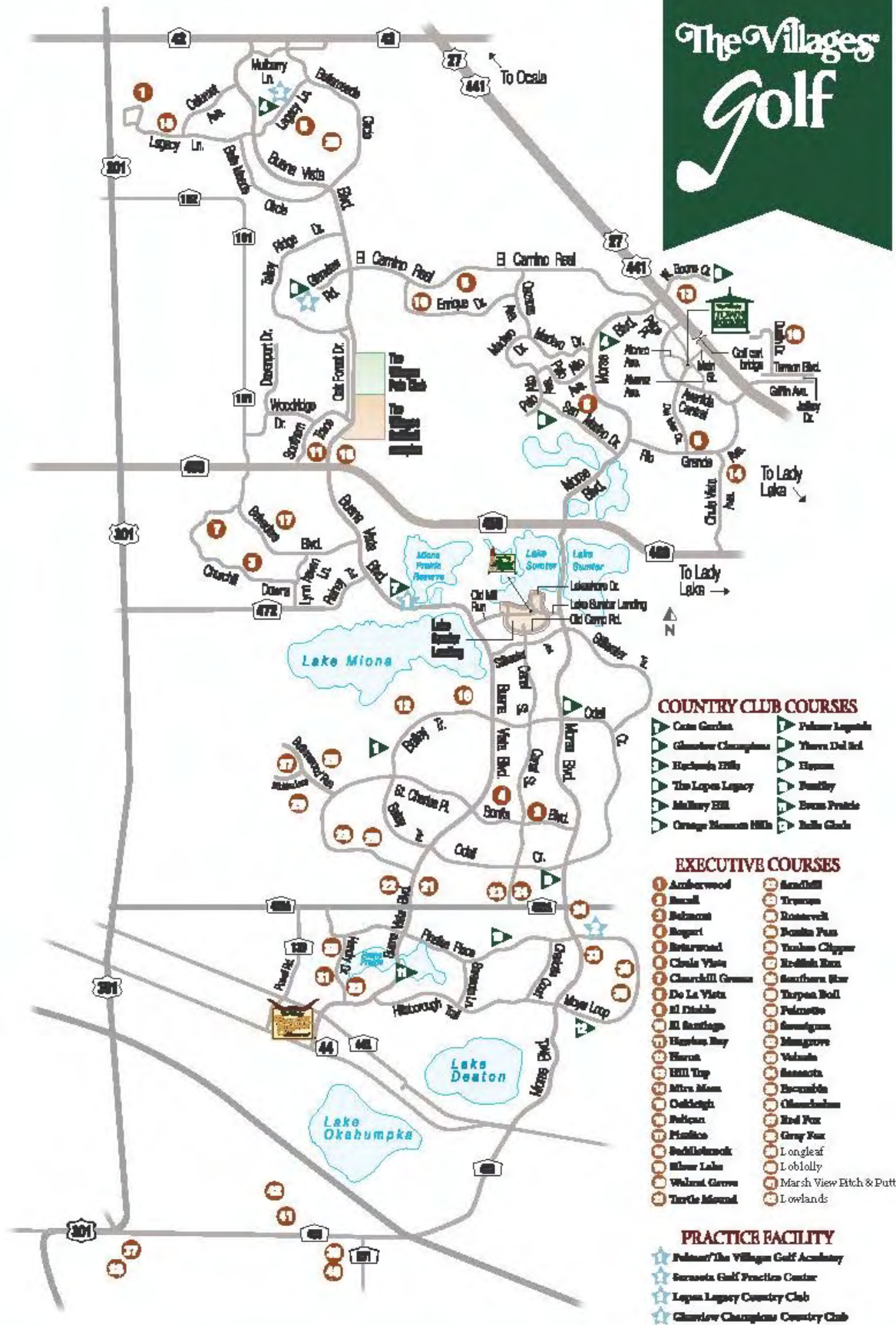


Visit www.DistrictGov.org and click on Departments/Executive Golf.



On the right-hand side of the screen, click on The Villages Executive & Country Club Courses Map.

The Villages Golf



Information Provided by...

The Villages®
Community Development Districts
Recreation & Parks



The Enrichment Academy Schedule Changes

The Enrichment Academy courses from March 14th through April 2020 have been postponed or cancelled. For a complete listing of course changes visit www.DistrictGov.org / Recreation. Refunds for course cancellations will be processed in an estimated 3-4 weeks. Participants enrolled in a rescheduled course (s) will be transferred and receive updated registration confirmation within 3-4 weeks. For further information or to request a refund, please email [The EnrichmentAcademy@DistrictGov.org](mailto:TheEnrichmentAcademy@DistrictGov.org).

Did You Know – Fun Facts

Your Recreation & Parks Department includes: 12-Regional Recreation Center; 28-Village Recreation Centers; 54-Neighborhood Recreation Centers; 11-Sports Pools; 28-Family Pools; 54-Adult (Neighborhood) Pools; 6-Fitness Clubs; 15-Softball Fields; 3-Air Gun Ranges; 2-Archery Ranges; 6-Dog Parks and a variety of parks throughout the community, just to mention a few.

National Accreditation

The Villages Recreation and Parks Department Has Been Nationally Accredited Since 2011!

The Commission for Accreditation of Park and Recreation Agencies (CAPRA) accredits park and recreation agencies for excellence in operation and service. Charged with providing high quality services and experiences, park and recreation agencies across the United States turn to CAPRA Accreditation as a credible and efficient means of achieving these goals, while providing assurance to the public that the agency meets national standards of best practice.

Accreditation is currently based on an agency's compliance with 151 standards in ten different categories. The Villages Recreation and Parks Department received its initial Accreditation in November of 2011, following a two-year process that was a team effort by recreation and district staff and the Developer.

CAPRA requires accredited agencies to go through a review every five years in order to maintain their status. In 2016 we were re-accredited, passing 100% of the standards.

As of October 2018, The Villages Recreation and Parks Department is one of only 166 accredited recreation agencies out of over 10,000 agencies nationwide. We look forward to our next re-accreditation in 2021!

Did You Know?

On the District Website, www.DistrictGov.org, you can find previous District workshops and other presentations. Our first workshop was held on February 26, 2018 and focused on Stormwater Management. This presentation highlighted the sophisticated system that has been developed to ensure the efficient management of stormwater throughout The Villages Community. The stormwater management system positioned in the community is owned and managed by both the District government and private entities. To watch a video of the entire Stormwater Management Workshop, please visit www.DistrictGov.org.



Guess the Number!!

In addition to providing rescue services to residents of The Villages, The Villages Public Safety Department which includes Community Watch also responds to calls regarding animal rescues in our community! Can you guess how many animal rescue calls were responded to between Public Safety and Community Watch in 2019?

Read more to find out the answer!



Information Provided by...

The Villages®

Community Development Districts
Utilities

Preventative maintenance is occurring on the potable water system field valves throughout many areas of The Villages. Those customers serviced by Village Center Service Area (VCSA), Little Sumter Service Area (LSSA) and North Sumter Utilities (NSU) that will be impacted will be notified 24 hours in advance of a temporary interruption in service and will receive the following notification:

THE PUBLIC DRINKING WATER MAINS IN YOUR AREA WILL BE SHUT DOWN TEMPORARILY FOR NEEDED MAINTENANCE.

*AS A PRECAUTION, UPON RETURN OF WATER SERVICE, WE ADVISE THAT ALL WATER USED FOR **DRINKING, MAKING ICE, AND COOKING BE BOILED**, **FOR ALL OTHER HOUSE HOLD USES THE WATER IS ACCEPTABLE**. A ROLLING BOIL OF ONE MINUTE IS SUFFICIENT. AS AN ALTERNATIVE, BOTTLED WATER MAY BE USED.*

THIS "PRECAUTIONARY BOIL WATER NOTICE" WILL REMAIN IN EFFECT UNTIL THE MAINTENANCE TASK HAS BEEN COMPLETED AND A BACTERIOLOGICAL SURVEY SHOWS THAT THE WATER IS SAFE TO DRINK. IF YOU HAVE ANY QUESTIONS, YOU MAY CONTACT DEANNA SIMMONS, FROM THE WATER DEPARTMENT AT (352) 259-2802 (NSU WWTP).

A notice with the addresses of the affected area along with this information will be left at the door of all impacted addresses. We appreciate your patience and cooperation in order to maintain the continued integrity and safety of the District Infrastructure.

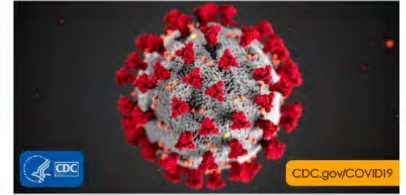
A tentative schedule of the areas impacted in the upcoming week:

4/15/2020 - 1745 Buxton Ter

4/15/2020 - 1781 Chilton Ct

4/16/2020 - 2802 Morven Park Way

4/16/2020 - 1221 Johnston Path



The Centers for Disease Control & Prevention (CDC) continues to study the spread and effects of the novel coronavirus across the United States. We now know from recent studies that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even without exhibiting symptoms. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) especially in areas of significant community-based transmission.

It is critical that maintaining 6-foot social distancing remains important to slowing the spread of the virus. CDC is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

How to Wear a Cloth Face Covering

Cloth face coverings should:

- **Fit snugly but comfortably against the side of the face**
- **Be secured with ties or ear loops**
- **Include multiple layers of fabric**
- **Allow for breathing without restriction**
- **Be able to be laundered and machine dried without damage or change to shape**
- **They should be routinely washed depending on the frequency of use.**



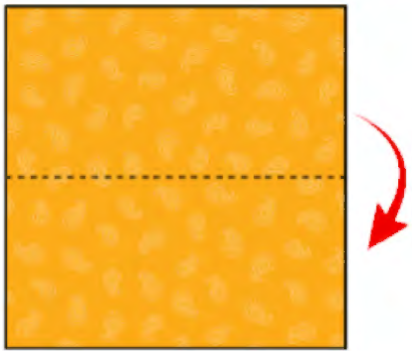
There are many great tutorials available online to create your own cloth face covering. You can visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> for three easy methods provided by the CDC. Please continue to stay home, and stay safe. If you must leave your home, wear a mask, it could save lives!

Bandana Face Covering (no sew method)

Materials Needed:

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

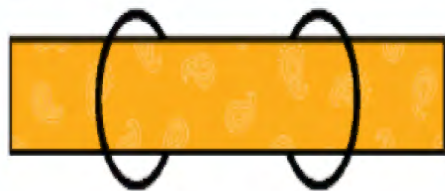
Step 1. Fold Bandana in Half



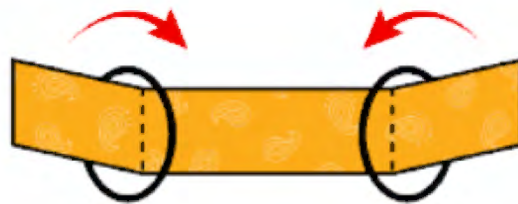
Step 2. Fold the Top Down, and Fold the Bottom Up



Step 3. Place Rubber Bands or Hair ties About 6 Inches Apart



Step 4. Fold Sides to the Middle, and Tuck.



Step 5. Your Mask Should Look Like This



Step 6. Wear in all Public Places



Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>

Construction Update

Shay Gate Restroom

The Shay Gate Restroom addition is nearing completion. The exterior finishes are almost complete. The plumbing, electrical and heating-cooling fixtures are being installed and the interior finishes will be complete in the coming days. The new sewer system and roadwork are complete. Shay Boulevard is closed from Tarrson Boulevard to Griffin Road, traffic detour barricades and signage are in place to safely guide residents and visitors to other exits and entrances. The project will be completed late April 2020 or early May 2020.



Key Largo Community Watch Building

The Key Largo Community Watch Operational Improvements basic design is complete and the technical plans are being prepared. The District has placed orders for the purchase of furnishing, fixtures and equipment. The project generally consists of technology and communications upgrades to accommodate the increased monitoring and workload of the Gate Operations and Dispatch Operations Divisions due to the growth of The Villages. The District anticipates the project will start mid-summer 2020.

Information Provided by...

The Villages®
Community Development Districts
Property Management

Lake Sumter Landing Projects

The Town Squares Division of District Property Management (DPM) is pleased to announce that the new shade structures on Lake Sumter Landing Town Square have been installed. Pavers have begun to be reinstalled, replaced and relabeled. The wood decks will undergo replacement of lumber in various areas, as well as hand railing replacement and painting. This project will greatly improve the experience for our residents and guests when entertainment is resumed. In order to facilitate the project, it is anticipated portions of the square, as well as parking areas around the square will be closed for the safety of our patrons and workers. Closures to the public are anticipated through project completion by the end of April 2020.



Construction Update

First Responders Recreation Center

The District has engaged architects to move the project to “review” working drawings. We anticipate a review concept elevation plan, what the building will look like on the exterior, shortly. The District anticipates the Bid Document phase to be completed August of 2020.



First Responders Recreation Center
Conceptual Floor Plan



News Release

Office of David W. Jordan Lake County Tax Collector

For immediate release April 14, 2020

Driver License Extensions Issued

David W. Jordan announced today, under the authority Governor DeSantis' Executive Order Number 20-52 in response to the COVID-19 outbreak and declaration of state of emergency, the extension and waiving of delinquency fees of certain licenses. Emergency Order 041320 from the Florida Department of Highway Safety and Motor Vehicles grants authority to the tax collector to extend certain driver license expirations and waive delinquency fees. These adjustments are as follows:

- The effective period of driver licenses and identification cards with expiration dates on or after March 16, 2020 through April 15, 2020 is extended by 60 days.
- The effective period of driver licenses and identification cards with expiration dates on or after April 16, 2020 through April 30, 2020 is extended by 30 days.
- The effective period of commercial driver licenses and commercial driver instructional permits with expiration on or after March 16, 2020 is extended until June 30, 2020.
- Waive through June 30, 2020, the requirements under section 322.59, Florida Statutes, that a person who holds a commercial driver license have a medical examination and certification, provided the commercial driver has proof of a valid medical certification that was issued for a period of 90 days or longer and that expired on or after March 1, 2020.
- Delinquency fees for the licenses specified are to be waived.

Our Customer Information Center is equipped to answer questions regarding driver license renewals over the phone at 352-343-9602. Customers can also go online at www.laketax.com.

320 W Main Street
Tavares, Florida 32778

352-343-9602
www.laketax.com

FOLLOW US:
Twitter @Lakecotax
Facebook @Lakecotax

Guess the Number – ANSWER!

In addition to providing rescue services to residents of The Villages, The Villages Public Safety Department also responds to animal rescue calls for animals in our community! **Over 1,971** animal related calls were responded to between Public Safety and Community Watch in 2019!!

Some of these calls include ducks in storm drains, lost pets and kittens in car engine compartments.

THANK YOU to our caring Villages Public Safety and Community Watch Departments!!





COVID-19 & Cancer

Florida Department of Health • FloridaHealthCOVID19.gov

If you have cancer now or had cancer in the past, you may need to take special steps to protect your health. This is especially important for cancer patients who are treated with chemotherapy. They are more likely to get an infection because chemotherapy can weaken the immune system, and for the same reason the infection may be more severe.

If you have fever, cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.



Get rest and stay hydrated. If you are not sick enough to be hospitalized you can recover at home.

Monitor your symptoms. If your symptoms get worse, call your health care provider immediately.

Seek medical attention immediately if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Take care of your health.

- Before going into your appointments for cancer treatment, ask your doctor how you can help protect yourself from catching COVID-19.
- Check if any oral medications that you are taking can be sent directly to you so that you don't have to go to the pharmacy or the clinic.
- Ask your doctor if there are other things that you should do to isolate yourself from others.
- Keep up healthy habits: healthy eating, exercise, getting enough sleep and managing stress.
- Stop smoking. Smoking can make it more likely that you have heart attack or stroke. Visit TobaccoFreeFlorida.com for Quit Your Way services.



Stock up on 2–3 weeks of non-perishable food, prescriptions and medical and health care supplies.

Create a contact list of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

Stay up to date with state and local guidance at FloridaHealthCOVID19.gov and CDC cancer guidance at CDC.gov/Cancer/Survivors/Staying-Well-at-Home.htm.



Wash your hands often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your face with unwashed hands.

Cover your coughs and sneezes with the inside of your elbow or a tissue.

Clean objects or surfaces daily that people touch a lot: door knobs, kitchen counters, key pads, etc.

If you're sick, protect your family. Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).

Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.



6 feet



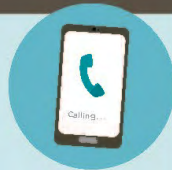


COVID-19 & Diabetes

Florida Department of Health • FloridaHealthCOVID19.gov

When people with diabetes do not manage their blood sugar levels well, they can have more trouble fighting off illnesses like COVID-19. Because of this, people with poorly controlled diabetes are more likely to become very ill or die if they get COVID-19.

If you have fever, cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.



Get rest and stay hydrated. If you are not sick enough to be hospitalized you can recover at home.

Monitor your symptoms. If your symptoms get worse, call your health care provider immediately.

Seek medical attention immediately if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Take care of your health.



- Ask your doctor how often you should check your blood sugar and what your target blood sugar levels should be. Keep records of your results.
- Recognize the signs of high or low blood sugar and make sure you know what to do about it. Monitor your feet, skin, and eyes to catch problems early.
- Take your medications on time and as directed.
- Stress can make managing diabetes harder, including controlling your blood sugar levels and dealing with daily diabetes care. Regular activity, getting enough sleep, and relaxation exercises can help. Talk your doctor about these and other ways you can manage stress.
- Stop smoking. Smoking can make it more likely that you have heart attack or stroke. Visit TobaccoFreeFlorida.com for [Quit Your Way](#) services.

Stock up on 2–3 weeks of non-perishable food, prescriptions and medical and health care supplies.

Create a contact list of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

Stay up to date with state and local guidance at FloridaHealthCOVID19.gov and CDC guidance at CDC.gov/Diabetes/Basics/Type2.html.



Wash your hands often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your face with unwashed hands.

Cover your coughs and sneezes with the inside of your elbow or a tissue.

Clean objects or surfaces daily that people touch a lot: door knobs, kitchen counters, key pads, etc.

If you're sick, protect your family. Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's [Get Your Home Ready](https://tinyurl.com/v267uf3) page (<https://tinyurl.com/v267uf3>).

Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.



6 feet



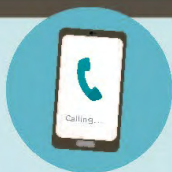


COVID-19 & Lung Disease

Florida Department of Health · FloridaHealthCOVID19.gov

People with chronic lung disease or moderate to severe asthma may be at risk for complications from COVID-19. COVID-19 can affect your respiratory tract (nose, throat, lungs), cause difficulty breathing, and possibly lead to pneumonia and acute respiratory disease.

If you have fever, cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.



Get rest and stay hydrated. If you are not sick enough to be hospitalized you can recover at home.

Monitor your symptoms. If your symptoms get worse, call your health care provider immediately.

Seek medical attention immediately if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Take care of your health.

- If you have one, follow your Asthma Action Plan. Learn more at [CDC.gov/Asthma/ActionPlan.html](https://www.cdc.gov/Asthma/ActionPlan.html).
- Take your medications on time and as directed, including any inhalers with corticosteroids. Don't stop taking any medications or change your treatment plan without talking to your health care provider.
- Discuss any concerns about your treatment with your health care provider and talk to them about creating an emergency supply of prescription medications, like asthma inhalers. If you have asthma, make sure you know how to use your inhaler and avoid your asthma triggers.
- Keep up healthy habits: healthy eating, exercise, getting enough sleep and managing stress. Stress can trigger an asthma attack. Take steps to help yourself cope with stress and anxiety at [Emergency.CDC.gov/Coping/SelfCare.asp](https://www.cdc.gov/Coping/SelfCare.asp)
- Stop smoking. Smoking can make it more likely that you have heart attack or stroke. Visit [TobaccoFreeFlorida.com](https://www.tobaccofreeflorida.com) for Quit Your Way services.



Stock up on 2–3 weeks of non-perishable food, prescriptions and medical and health care supplies.

Create a contact list of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

Stay up to date with state and local guidance at [FloridaHealthCOVID19.gov](https://www.floridahealth.gov/covid-19)



Wash your hands often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your face with unwashed hands.

Cover your coughs and sneezes with the inside of your elbow or a tissue.

Clean objects or surfaces daily that people touch a lot: door knobs, kitchen counters, key pads, etc.

If you're sick, protect your family. Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).

Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.



6 feet





COVID-19 & Heart Disease

Florida Department of Health · FloridaHealthCOVID19.gov

COVID-19 can strain all of the systems in the body, and this puts additional stress on the heart. If you have heart disease, COVID-19 can make it more likely that your heart won't be able to keep up with the needs of your body.

If you have fever, cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.



Get rest and stay hydrated. If you are not sick enough to be hospitalized you can recover at home.

Monitor your symptoms. If your symptoms get worse, call your health care provider immediately.

Seek medical attention immediately if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Take care of your health.

- Make sure your vaccinations, including your pneumonia and flu shot, are up to date.
- Take your medications on time and as directed, and maintain your treatment plan.
- Measure your blood pressure if you have hypertension.
- Use telemedicine/telehealth for medical visits if your insurance offers it.
- Keep up healthy habits: healthy eating, exercise, getting enough sleep and managing stress.
- Stop smoking. Smoking can make it more likely that you have heart attack or stroke. Visit TobaccoFreeFlorida.com for Quit Your Way services.



Stock up on 2-3 weeks of non-perishable food, prescriptions and medical and health care supplies.

Create a contact list of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

Stay up to date with state and local guidance at FloridaHealthCOVID19.gov and CDC travel guidance at [CDC.gov/coronavirus/2019-ncov/travelers](https://www.cdc.gov/coronavirus/2019-ncov/travelers).



Wash your hands often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your face with unwashed hands.

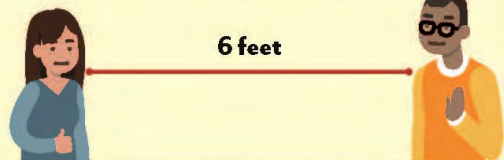
Cover your coughs and sneezes with the inside of your elbow or a tissue.

Clean objects or surfaces daily that people touch a lot: door knobs, kitchen counters, key pads, etc.

If you're sick, protect your family. Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).

Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.





COVID-19 & Chronic or Underlying Health Conditions

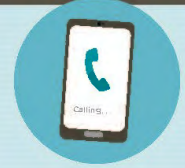
Florida Department of Health · FloridaHealthCOVID19.gov

People with chronic or underlying health conditions are more likely to become very sick from COVID-19. If you have one or more of these conditions, be extra careful.



- Moderate to severe asthma or chronic lung disease
- Heart disease
- Chronic kidney disease undergoing dialysis
- Diabetes
- Liver disease
- Autoimmune disease
- Weakened immune system because of smoking, bone marrow or organ transplantation, cancer treatment, poorly controlled HIV or AIDS, or prolonged use of corticosteroids and other immune weakening medications
- Severe obesity (BMI greater than 40)

If you have fever, cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.



Get rest and stay hydrated. If you are not sick enough to be hospitalized you can recover at home.

Monitor your symptoms. If your symptoms get worse, call your health care provider immediately.

Seek medical attention immediately if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Protection

Wash your hands often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.



Avoid touching your face with unwashed hands.

Clean objects or surfaces daily that people touch a lot: door knobs, kitchen counters, key pads, etc.

Cover your coughs and sneezes with the inside of your elbow or use a tissue.

Protect your family from getting sick. Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).

Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or those who have been sick in the past two weeks.
- Shop during off-hours when crowds at stores are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.

Care

Take care of your health:

- Make sure your vaccinations, including your flu shot, are up to date.
- Take your medications on time and as directed.
- Measure your blood pressure if you have hypertension.
- Test your blood sugar if you have diabetes.
- Use telemedicine/telehealth for medical visits if your insurance offers it.
- Make healthier choices every day: quit tobacco, be more physically active and eat healthy meals and snacks



Stock up on 2-3 weeks of non-perishable food, prescriptions and medical and health care supplies.

Create a contact list of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

Talk to your health care provider about special arrangements if you depend on regular medical treatment like dialysis, wound care, etc.

Stay up to date with state and local guidance at FloridaHealthCOVID19.gov and CDC travel guidance at CDC.gov/coronavirus/2019-ncov/travelers.