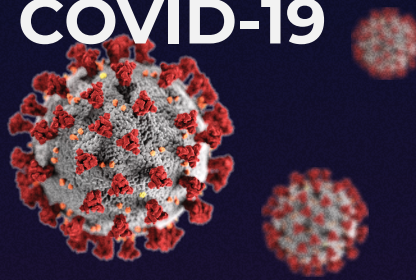


What We've Learned About COVID-19

The Pandemic's Impact on Alachua County

We were dealing with the threat of this coronavirus for months before it started to drastically affect the lives of millions of people across the globe. Now we're addressing what we can do locally to help flatten the curve and hopefully minimize or eradicate COVID-19.



The current coronavirus, also known as COVID-19 or severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Symptoms can include fever, coughing, shortness of breath and even loss of taste and/or smell.

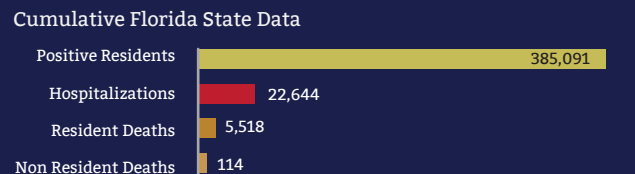
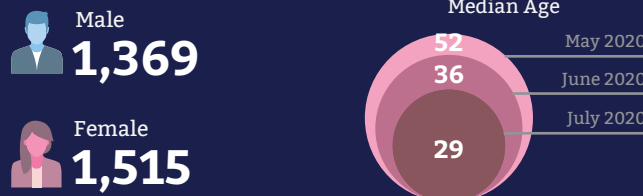
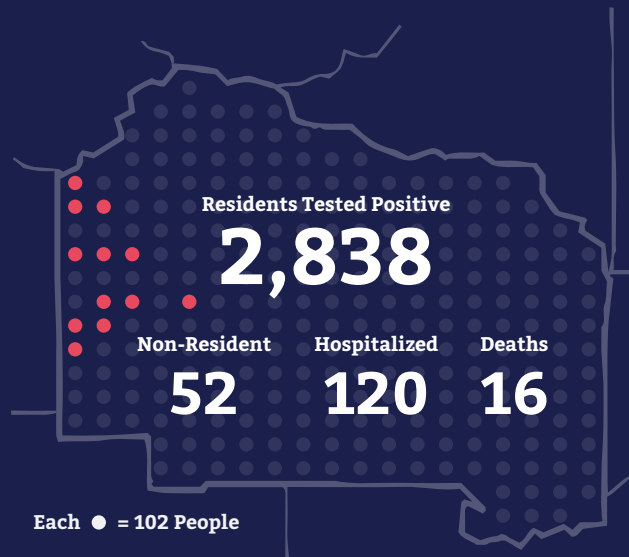
The virus can easily spread from person-to-person contact, but that varies on the length of contact. Spread is more efficient than influenza, but not as efficient as measles which is highly contagious.

Possible Symptoms

If you have fever, cough and difficulty breathing, seek medical care early. Stay home if you feel unwell. If you have any of the symptoms outlined below, seek medical attention and call in advance. Follow the directions of your local health authority.



By the Numbers



* Data for Alachua County at the time of publication

Help Stop the Spread of COVID-19

Practice Social Distancing

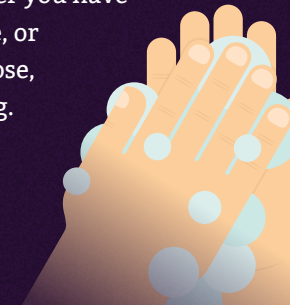


When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain the virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease. Also danger of surface contamination.

Where advised, stay home and avoid gathering in groups or with people who may be more vulnerable such as the elderly and those with underlying health conditions.

Thoroughly Wash Your Hands

Wash your hands after you have been in a public place, or after blowing your nose, coughing, or sneezing. Alternatively, use a hand sanitizer that contains at least 60% alcohol.



"The simple act of washing your hands for 20 seconds eliminates over 90% of germs."

Wear Protective Gear

You can spread COVID-19 even if you do not feel sick. When you're out in public you should always be wearing a cloth face mask. **DO NOT** use masks meant for healthcare workers and keep in mind that wearing a cloth face mask is not a substitute for social distancing.



Your face mask is meant to protect others in case you are infected. Immediately wash your hands if you cough or sneeze. Cough or sneeze into your elbow or a tissue. Do not spit as the virus could be transmitted.

1. Wet your hands
2. Apply enough soap to cover all of your hands surfaces
3. Rub your hands palm to palm
4. Put your right palm over your left hand and interlace your fingers
5. Repeat this with your left palm over your right hand
6. Palm to palm with your fingers interlaced
7. Make sure to wash to backs of your fingers as well
8. Rotational rub both of your thumbs
9. Rinse your hands

1. Florida's COVID-19 Data and Surveillance Dashboard
2. Open Requirements for Creatives from the W.H.O. (PDF)

3. CDC COVID-19 Fact Sheet (PDF)

