



October 12, 2020

WELCOME BACK!

Your Medical Center's Best Practices and Recommendations

Good Day Ladies and Gentlemen,

We are looking forward to welcoming you, family and friends back to Ocean Reef. In anticipation of your return to Ocean Reef, The Medical Center would like to take this opportunity to share lessons learned, best practices and recommendations. Our goal is to provide information you find useful in our collective efforts to maintain wellness and keep our community safe. In addition, we have also included a companion document illustrating best practices.

WEAR A MASK:

Wear masks with two or more layers to stop the spread of COVID-19

Wear the mask over your nose and mouth and secure it under your chin

Masks should be worn by people two years and older

Masks should NOT be worn by children younger than two, people who have trouble breathing, or people who cannot remove the mask without assistance

Do NOT wear masks intended for healthcare workers, for example, N95 respirators

CDC does not recommend the use of gaiters or face shields. Evaluation of these face covers is on-going but effectiveness is unknown at this time.

https://www.youtube.com/watch?v=sFArU_NeYrw

STAY AT HOME IF YOU ARE NOT FEELING WELL:

Stay at home and contact your Medical Center

Take care of yourself, get rest, stay hydrated

Stay in touch with your Provider

Avoid public venues

Separate yourself from others as much as possible

Maintain sound sanitation hygiene

TESTING:

In anticipation of your return, The Medical Center encourages you to get a COVID test before traveling back into Ocean Reef. Doing so establishes a reference point and may aid in the narrowing of future contact tracing. In addition, Antibody testing prior to arrival may provide information regarding prior exposure.

The CDC testing guidelines are currently as follows:

People who have symptoms of COVID-19

People who have had close contact (within 6 feet of an infected person for at least 15 minutes) with someone with confirmed COVID-19

People who have been asked or referred to get testing by their healthcare provider or State/Local health department. Not everyone needs to be tested. If you do get tested, you should self-quarantine/isolate at home pending test results and follow the advice of your health care provider or a public health professional.

Once on Ocean Reef, contact your Medical Center for testing options and guidance.

We encourage everyone to get their Flu shot this year

[Click here for your guide on Covid-19 symptoms.](#)

[Click here for your guide on Covid- 19 best practices.](#)

SAFE TRAVELS!