

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Ron DeSantis
Governor

Joseph A. Ladapo, MD, PhD
State Surgeon General

Vision: To be the Healthiest State in the Nation

Franklin and Gulf Community Health Update – 1/28/2022

1. **VACCINES:** COVID-19 vaccines are still available at your local health department, medical provider offices, and some pharmacies.
2. **TESTING:** Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. Orders will usually ship in 7-12 days. To order your tests, visit <https://www.covidtests.gov/> so you have them when you need them.

If you need a COVID-19 test now, COVID-19 testing remains available and health providers appreciate your patience as they assist with the increased demand in our communities. If you do not have symptoms, COVID-19 testing is unlikely to have any clinical benefits. If you are planning to use a drive-up Nomi Health Testing site offered **9-4 local time**, they would like you to please **pre-register** for your appt to improve your wait time. You can do this by going to the Nomi Health website: <http://testing.nomihealth.com/signup/fl>

A full list of local places for testing is available below on page 3.

3. **MEDICAL TREATMENT:** Talk to your medical provider about treatment options available. Depending on your medical history, risks, and symptoms, your health care provider can help you determine whether a therapy that is FDA-approved, or available under an EUA, is right for you.

If you are positive and do not need medical attention:

- You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved.
- You should continue to wear a [well-fitting mask](#) around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate for a full 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.

Hospitals across the state are reporting increased ER visits by patients seeking COVID-19 tests. While facing the strain of workforce challenges, ERs are being put under increased pressure to provide care. Help your local hospital by following the COVID-19 Zone Tool to determine the most appropriate course of action based on your symptoms. Find the tool displayed below on page 4.

4. **FEDERAL MASK DISTRIBUTION:** Here is what we know! The masks being distributed is not a local or state project. These masks will be sent to pharmacies such as Walgreens and CVS **OR** to the local Federally Qualified Health Centers (FQHC) such as PanCare Health and North Florida

Medical Centers (Eastpoint and Wewahitchka). We have an unknown date of arrival and are monitoring the US Postal Service for any updates.

- 5. Information about local data can be found on the CDC link:**
<https://covid.cdc.gov/covid-data-tracker/#datatracker-home>

Places to receive a COVID-19 test:

There are currently **NO** at home testing kits available at the Health Departments in Gulf or Franklin Counties.

Please call your primary care provider to find out if they provide testing or use the following options:

Franklin:

- Locations by Nomi Health (Rapid Antigen and Send out PCR) Call 904-295-0562 or visit <http://testing.nomihealth.com/signup/fl>. Walk ups accepted.
 - 135 Ave G Apalachicola, FL 32320 – Monday, Wednesday, and Friday from 9:00am-4:00pm EST (outside Weems hospital in drive up lane)
 - 106 5th Street East Carrabelle, FL 32322 – Tuesday and Thursday from 9:00am-4:00pm EST (outside Carrabelle health department)
- George E Weems Hospital @ 135 Ave G Apalachicola, FL 32320 – 24 hours a day, 7 days a week. With a physician order only for outpatient, or through ER at any time if seen fit by ER physician. (Rapid PCR)
- Sacred Heart Apalachicola @ 55 Avenue E, Apalachicola, FL 32320 – Monday through Friday 8:00am-4:30pm EST (Send out PCR for established patients only)
- Weems East Clinic @ 110 NE 5th Street Carrabelle, FL 32322 – Monday through Friday 8:00am-4:30pm EST with physician order only. (Send out PCR)
- Weems West Clinic @ 137 12th Street Apalachicola, FL 32320 – Monday through Friday 8:00am-4:30pm EST with physician order only. (Send out PCR)
- North Florida Medical Center – Eastpoint @ 158 US-98 Eastpoint, FL 32328 – Monday through Friday 8:00am-5:00pm EST (Send out PCR for established patients only)

Gulf:

- Locations by Nomi Health (Rapid Antigen and Send out PCR) Call 904-295-0562 or visit <http://testing.nomihealth.com/signup/fl>. Walk ups accepted.
 - 2475 Garrison Ave. Port Saint Joe, FL 32456 – Monday, Wednesday, and Friday from 9:00am-4:00pm EST (outside PSJ health department)
 - 807 Hwy 22 Wewahitchka, FL 32465 – Tuesday and Thursday from 9:00am-4:00pm CST (outside Wewa health department)
- Ascension Sacred Heart Gulf @ 3801 E Hwy 98 Port Saint Joe, FL 32456 – 24 hours a day, 7 days a week. With physician order only, or through ER at any time if seen fit by ER physician. (Rapid PCR)
- CVS @ 110 W Hwy 98 Port Saint Joe, FL 32456 – Monday through Friday 9:00am-8:00pm EST, Saturday 9:00am-6:00pm EST, Sunday 10:00am-6:00pm EST (Rapid PCR, Send out PCR, Rapid Antigen, and Send out PCR with optional flu test) – Must register for appointment online. Limited availability.
- North Florida Medical Center – Wewahitchka @ 255 W River Road, Wewahitchka, FL 32456 – Monday through Friday 8:00am-5:00pm CST (Send out PCR for established patients only)
- PanCare Health @ 2475 Garrison Ave, Port Saint Joe, FL 32456 – Monday through Friday 8:00am-5:00pm EST (Send out PCR, Rapid Antigen, and flu test) – Must call to make an appointment, 850-229-1043.

Use the COVID-19 Zone Tool to determine the most appropriate course of action based on your symptoms.

Hospitals across the state are reporting increased ER visits by patients seeking COVID-19 tests. While facing the strain of workforce challenges, ERs are being put under increased pressure to provide care. Help your local hospital by following the below COVID-19 Zone Assessment.

Experiencing Mild or No COVID-19 Symptoms?

GREEN ZONE

- I can breathe easily without shortness of breath.
- I am not experiencing chest tightness.
- My energy level is nearly normal.
- I can think clearly.
- I was exposed to someone who has COVID-19.
- I was sick with COVID-19, now I am better and need a test to return to work/school.
- I need a COVID-19 test to travel.



GREEN ZONE ACTION

- Seek a testing site or at-home test NOT an ER.
 - Find a testing site: <https://t.co/VFg7hQRv5E>
- Manage mild to moderate symptoms at home with over-the-counter medication as directed. If positive, follow CDC guidelines for isolation or quarantine.
- Additional quarantine guidelines: www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html

Experiencing COVID-19 Symptoms?

YELLOW ZONE

- I have a fever.
- I have a new or worsening cough.
- I am having trouble catching my breath.
- My thinking is slow.
- I am experiencing dizziness.



YELLOW ZONE ACTION

- Seek a testing site or at-home test NOT an ER.
 - Find a testing site: <https://t.co/VFg7hQRv5E>
- Call or message your doctor or healthcare provider to be evaluated. Share symptoms and follow your doctor's directions.
- Manage mild to moderate symptoms at home with over-the-counter medication as directed. If positive, follow CDC guidelines for isolation or quarantine.
- Additional quarantine guidelines: www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html.
- Find monoclonal antibodies without visiting an ER: www.floridahealthcovid19.gov/treatments/treatm entlocator/.

Experiencing Severe COVID-19 Symptoms?

RED ZONE

- My breathing is very fast.
- I can't catch my breath.
- I am having chest pain.
- I can't eat or drink.
- I am confused.
- I can't stay awake.
- I passed out or feel like I am going to pass out.



RED ZONE ACTION

- Call **9-1-1** or call ahead to your local emergency facility.
- Notify the operator that you are seeking care for someone who has or may have COVID-19.

