The Florida Department of Health in Monroe County urges that all those who are sick to stay home to prevent infectious diseases, especially COVID-19, from spreading.

"One in three people getting tested in our county for COVID-19 is coming out positive," said Bob Eadie, Health Officer and Administrator. "The best way to prevent anyone from getting infected in the first place is to follow basic public health principles. Masking when around others, covering your cough or sneeze, washing your hands, and social distancing, even when vaccinated, are key to slowing the spread of this virus."

"The infection rate of COVID-19 in Monroe County is high. By continuing to be around others while knowingly sick, you can be exposing not only your friends, family, and co-workers, but also their families. Stay home to cut off the transmission of COVID-19," said Dr. Mark Whiteside, Medical Director for the department.

If you have not yet been vaccinated or received your booster shot, do so as soon as possible to prevent serious infection, hospitalization and death.

If you test positive for COVID-19, regardless of vaccination status, stay home. Monitor symptoms and stay in touch with your doctor. If you are having trouble breathing or have chest pain, go to your local emergency room as soon as possible.

If you were exposed to someone who tested positive for COVID-19 and have not yet received a booster shot or are unvaccinated, stay home. Testing should be done if symptomatic or as recommended by a healthcare provider.

Employers are encouraged to adopt infection prevention and control strategies and policies to keep employees from getting sick and spreading it to others.

For more information visit http://Monroe.flhealth.gov/covid19 or email MonroeCOVID@flhealth.gov. Additional guidance from the CDC here https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-background.html.