Keeping COVID-19 out of the PYC

The leadership at the Pensacola Yacht Club is monitoring COVID-19 developments. Sources of the information under surveillance are releases from the Florida Department of Health, the CDC, Baptist Hospital releases, as well as other medical source information including scientific journals, medical societies, and other medical content sources.

The leadership is committed first to the safety of its membership and secondarily to smooth operations of club operations and events. The level of concern is currently low as there is minimal penetration of SARS-CoV2, the viral agent causing COVID-19, in our area. We will be alert to any epidemiologic changes and will comply with regulatory and health department directives.

As in our previous email, basic strategies are for preventing the spread of a viral illness such as Coronavirus are prudent personal hygiene practices for individuals and social isolation of the infected.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Fist bumps are better than handshakes and elbow bumps are even better.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if your hands are visibly dirty.

Surgical masks do not filter out viruses and are not capable of protecting the wearer from virus transmission. Surgical masks are more effective when placed on the infected to prevent their coughs and sneezes from showering the immediate environment with virus-containing droplet nuclei. Specialized respirator masks are required for personal protection in clinical respiratory isolation situations and are not appropriate for general wear.

If you have recently traveled to areas where COVID-19 is widespread, have had exposure to someone known to have COVID-19, or you have an otherwise reasonable concern of a COVID-19 infection, please stay home and call your physician's office for advice.

We request that members and guests who have respiratory illness refrain from visiting the Club so as prevent spread to others. This request is especially important to protect our older, more vulnerable members for whom COVID-19 has a much higher case fatality rate.

If you are concerned that you have COVID-19, i.e., Coronavirus illness, you should not go to the emergency department of the hospital unless you are sick enough that hospital admission might be required. You will not receive COVID-19 testing unless you meet screening criteria,
and presentation to the ER with an illness that does not meet screening criteria may expose you in the waiting room to patients that have COVID-19.

The current screening criteria for a Patient Under Investigation, as of 3/09/2020, are as follows:

1. Any person, including health care workers, who has had close contact with a laboratory-confirmed COVID-19 case within 14 days of symptom onset and fever or symptoms of lower respiratory illness (e.g., cough, shortness of breath).
2. Person is part of a non-household outbreak of suspected COVID-19.
3. Person hospitalized with unexplained respiratory illness or person who died from unexplained respiratory illness.
4. Person traveled to or from an affected geographic area with widespread community transmission and has fever or symptoms of lower respiratory illness (e.g., cough, shortness of breath).
5. Person had community contact (e.g., attended the same gathering or stayed on the same cruise ship) with a laboratory-confirmed COVID-19 case and fever or symptoms of lower respiratory illness (e.g., cough, shortness of breath).
6. Person is age ≥ 65 years, has chronic medical conditions, or is in an immunocompromised state and has fever or symptoms of lower respiratory illness (e.g., cough, shortness of breath).

If you are very ill and are considering hospital admission, go to your preferred ER, but if you are not that ill, then you should call your primary care physician's office for their advice. Escambia County Department of Health is overwhelmed with telephone calls and an alternative number suggested is below:

Florida Department of Health Call Center
COVID-19 Information
Tallahassee, FL
(866) 779-6121

A reliable resource of information is the CDC with the following link:


Keep calm and carry on.