

Fellow Sailboat Bay Owners and residents,

First of all thank you to Dennis McDowell and all of you who have responded with affirmation, advice and offers to help out as we navigate this crisis.

Dennis McDowell has authored another advisory to help us educate ourselves on how we can work together both as individuals and as a group to get the best outcome for all of us. I need to stress the serious nature of the situation we find ourselves in. Today I learned that the largest industrial trade show on this planet, the Hanover Fair in Germany, has been cancelled. What is arguably the largest sporting event in this country, the Indianapolis 500 has been postponed from Memorial Day weekend to the end of August. This is serious business which is not likely to be over soon. It is imperative that we follow the guidelines presented by the CDC and other health organizations to achieve the best outcome.

We are a community that comprises not just owners and residents but also family and friends of our owners and residents. I ask that during these times that you discourage them from visiting in respect for the safety of all of us. As more areas are "locked down" and travel becomes more restricted, this may become less of a concern. In the interim please be considerate of everyone's safety.

As I reported earlier, we are working on an emergency response trailer. Progress is slow and availability of supplies is extremely limited at the present time. It needs to be stressed that this is meant for and will only be able to support the needs of our facilities, not individuals. Each owner should be taking responsibility for their own preparedness. A crisis like this, whether it be a pandemic or a natural disaster such as hurricane, will occur again. This needs to be a wakeup call for ALL of us.

Last of all be safe and enjoy life. We are very fortunate to have such a beautiful place to wait this out.

Charlie Ruehl, President for the Sailboat Bay Board of Directors

Special Corona virus preparedness statement from the SBB Board of Directors

Third Edition March 27 2020

Now that the COVID-19 outbreak has become prevalent in the US in Alabama and on our coast, we must redouble our efforts to keep SBB as safe as we can. Our goal in this growing pandemic is to prevent its spread to the residents of SBB and if it gets here to be ready to do what is needed to control and contain it. As everyone is now aware, this epidemic has brought many changes to our daily lives and additional ones may be needed.

The SBB BD has issued past Special Corona Virus preparedness statements and if you have not read them please do so. The recommendations they contain still apply. We anticipated that updates would be necessary as national, state and local conditions change and plans to respond evolve. We also expected that our understanding of this disease and the way it is spread would become clearer. Thus, recommendations concerning our prevention options have become more

specific and effective. This evolution of understanding has and will continue to occur. This makes it necessary for all of us to KEEP UP with the latest findings, recommendation, policies and procedures at all levels. You must take this disease and info about preventing and controlling it SERIOUSLY. It is your role and all of our responsibility to do our part to keep us all safe.

This statement focuses most on testing.

Good sources of **current accurate information** to get the latest facts not rumors and to avoid anxiety and panic. These have not changed but a 1-800 state and a 251 local number has been added to the list of valuable resources. At these numbers, you can get information about COVID-19 testing.

- Local TV News for urgent updates, info on testing sites, health care options, beach, business and other closures and shopping conditions
- State News outlets for the latest info on new rules and case info, statewide closures etc.
- National News Networks for national and global perspectives, government policies, case counts and new discoveries about the disease epidemiology, treatment, vaccine trials
- Use only select trusted online resources for reliable info such as:
 - www.cdc.gov/COVID-19
 - <https://www.cnn.com/2020/03/12/health/what-60-older-need-to-know-coronavirus-wellness-trnd/index.html>
 - <https://www.npr.org/sections/health-shots/2020/03/17/817251610/its-time-to-get-serious-about-social-distancing-here-s-how>
 - [For information about COVID-19 and testing sites in Baldwin County, call 251-341-2819...](#)

We recommend that each person understand and practice **social distancing (6 feet of separation) and sheltering in place (do not leave home) behaviors**. This strategy means keeping a distance barrier of six feet between you and others. This prevents the virus from being transmitted from one person to another. For us that means:

- Call, text or face time friends or relatives and **don't go visit them**
- **Don't let friends or relatives visit SBB**

If you feel sick or have symptoms, GET tested for COVID-19. Test are now available locally.

It is important for you to seek testing if you think you have symptoms or think you have been exposed to COVID-19.

There are laboratory tests that can identify the virus that causes COVID-19 in respiratory specimens. State and local public health departments have received tests from CDC while medical providers are getting tests developed by

commercial manufacturers. All of these tests are Real-Time Reverse Transcriptase (RT)-PCR Diagnostic Panels that can provide results in 4 to 6 hours.

Who should be tested

Not everyone needs to be tested for COVID-19. Here is some information that might help in making decisions about seeking care or testing.

- Most people have [mild illness](#) and are able to [recover at home](#).
- There is no treatment specifically approved for this virus.
- Testing results may be helpful to inform decision-making about who you come in contact with.

CDC has [guidance](#) for who should be tested, but **decisions about testing are at the discretion of state and local health departments and/or individual clinicians.**

- Clinicians should work with their state and local health departments to coordinate testing through public health laboratories, or work with clinical or commercial laboratories.

How to get tested

If you have symptoms of COVID-19 and want to be tested, try calling your state or local health department (Alabama Department of Health @ 1-888-264-2256) or a local medical provider for {Baldwin County COVID-19 Hotline @ 251-341-2819). When you call these numbers, a nurse will ask some screening questions to see if you are a candidate for a test and will make an appointment at the nearest Baldwin County location. While supplies of these tests are increasing, it may still be difficult to find a place or get an appointment to be tested.

What to do after you are tested

- **If you test positive for COVID-19**, see [If You Are Sick or Caring for Someone](#).
- **If you test negative for COVID-19**, you probably were not infected at the time your specimen was collected. However, that does not mean you will not get sick. It is possible that you were very early in your infection at the

time of your specimen collection and that you could test positive later, or you could be exposed later and then develop illness. In other words, a negative test result does not rule out getting sick later.

[CDC expects that widespread transmission of COVID-19](#) in the United States will occur. In the coming months, most of the U.S. population will be exposed to this virus. You should continue to practice all the protective measures recommended to keep yourself and others free from illness. See [How to Protect Yourself](#).

Remember.... **Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

What to expect if your test results for COVID-19 are positive and live here at SBB.

- If they are **negative** (shows no evidence of COVID-19) you may be told to return home and shelter in place for up to 14 days
- If your results are **positive** but you are not “seriously ill”, the health department may require you to be quarantined at your home for treatment. It may be necessary to test all residents of your household and others that you may have exposed.
- **SBB owners that are positive and quarantined here can expect support if needed from other residents of SBB including such things such as pickup and delivery food, medicine, mail and water delivery. This support will be provided in a confidential manner and arranged for on a case-by-case basis.**
- If your results are **positive** and you are sick, see information above.

.This message is the third of what may need to be regular updates. Owners can expect to receive email messages on specific topics, new policies or with updated information. We also plan to use our newsletter the Dolphin as a regular place to share info and news. It is on the SBB website.