

May 2020

*"By failing to
prepare, you are
preparing to fail."*
- Benjamin Franklin



Want to be a floor captain?
See Natalie to volunteer at
GSTA!

DID YOU KNOW?

"The 2019 Atlantic hurricane season produced 18 named storms and 20 depressions, including six hurricanes of which three were considered "major" (Category 3, 4 or 5). These included Hurricane Dorian, Humberto, and Lorenzo." -BY NOAA

COVID-19 UPDATE

Phase 1 of the Plan for Florida's Recovery took effect May 4, 2020 and was updated effective May 11, 14 and 15, 2020. See the full plan and latest updates on the FL health department website or click [here](#).

Along with the board of directors and management, the residents of Gulfstream Towers can help keep our community safe. This year, it is important to prepare for hurricane season early and continue to be conscientious about the pandemic.

Prepare Early

Along with taking the normal precautions as it relates to hurricane season; continuing to protect yourselves from COVID-19 becomes even more important. More than any previous hurricane season, this year may be more challenging when it comes to preparations, needs for supplies, sheltering, and the list goes on. Since federal, state, and local government resources are fully engaged with COVID-19, it is important to follow those guidelines and recommendations.

Our [Gulfstream Towers Disaster Preparedness Plan](#) has an extensive amount of helpful information for the owners and residents of the building. You can find the plan along with additional useful resources on the website by clicking [here](#). There is also a copy on the 2nd floor along with other information. It is important that you know what to do as an owner or resident and also what you can expect will be done by management and the board of directors. Please talk to Natalie if you have any questions by stopping by the office, calling 941-955-7534, or emailing info@gulfstreamtowers.comcastbiz.net.

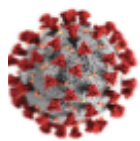
Downtown Sarasota and the Bay



IMAGE: EVERETT DENNISON

What you should know about COVID-19 to protect yourself and others

Group Effort



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Know your risk for severe illness

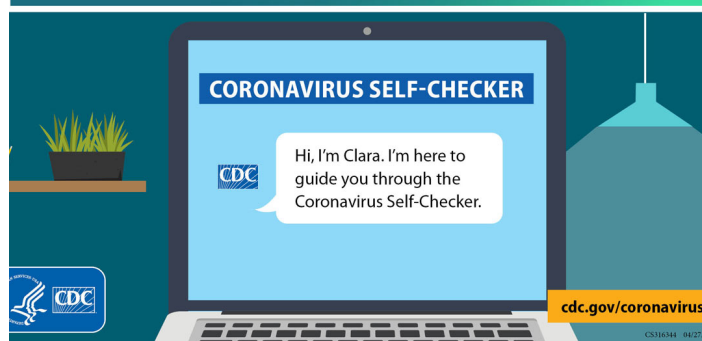
- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



cdc.gov/coronavirus

Israel has completed pressure washing the hallways and began working on the garage. Our housekeeper has been working diligently every day to keep our building clean. The residents have done a great job practicing social distancing and helping prevent the spread in our community. Please continue to stay 6 feet apart, wear gloves and masks when you can, wash your hands, sanitize your area, and avoid crowds when possible. We also ask that you continue to hold off on unit renovations and keep contractors in the building to a minimum. The common areas are open for resident use and as long as you are following the guidelines you are welcome to use the facilities. The kitchen repairs will take place over the next several months and be open to residents once complete.

CORONAVIRUS DISEASE 2019 (COVID-19)



DRIVE-THRU COVID-19 STATE TESTING



**Mall at University
Town Center**
Parking East of Dillard's
140 University
Town Center Dr
Sarasota, FL 34243
Monday-Sunday 9-5