Kevin Captain – Director of Community Information of Volusia County

Tom Cisco - Operations Coordinator, Emergency Management of Volusia County

Lisa Lewis – Supervisor of Elections for Volusia County

Dr. Stephen Bickel - Medical Director of the Florida Department of Health in Volusia County

Dr. Joe Smith – Chief Medical Officer for AdventHealth, DeLand

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Holly Smith – Communications Manager, Florida Department of Health in Volusia County

Mark Spivey – Clinical Chaplain and Licensed Professional Clinical Counselor, Halifax Health

Kevin Captain – Director of Community Information of Volusia County

Good afternoon, I'm Kevin Captain, Community Information Director for Volusia County Government. Thank you for joining us this afternoon for today’s COVID-19 briefing. Today, you’ll hear from Tom Cisco, the Operations Coordinator for Volusia County’s Division of Emergency Management; Lisa Lewis, the Supervisor for Elections for Volusia County; Dr. Stephen Bickel, the Medical Director with the Florida Department of Health for Volusia County, and Dr. Joe Smith, the Chief Medical Officer with AdventHealth in DeLand. And, also, Mike Spivey, the Clinical Chaplain and Licensed Professional Clinical Counselor at Halifax Health.

We know that COVID-19 continues to alter and impact our lives every day, and that includes our finances. While some establishments have reopened, many businesses and owners, and individuals alike, are struggling. And, that is why Volusia County continues to offer assistance programs for both individuals and businesses. In fact, this past Tuesday, at the County Council meeting, the County Council allocated another $5 million in emergency rent and mortgage assistance to help local residents impacted by the COVID-19 pandemic. The Council earmarked an initial $5 million in May to fund the program as part of the County’s Relaunch Volusia Plan to help the community recover from the Corona
virus pandemic. Already, the total dollar amount of the grant applications that have been approved and funded, along with over 1,200 applications that are under review, exceeds the original $5 million that was initially allocated in May.

So, on Tuesday, the Council allocated another $5 million so the assistance program can continue to help even more people who need it. This is a one-time grant. The funds, up to $1,500 a month, for a maximum of three months, are available to qualified residents who are struggling to pay their rent or mortgage as a direct result of, a loss, or reduction of income, caused by the COVID-19 pandemic. To review the eligibility qualifications and to submit your application, we ask that you visit: Volusia.org/Coronavirus.

At this site we also have information on our grant programs for small businesses. If you are struggling to pay your rent, your mortgage or to keep your business afloat, or if you know someone who has a business or is struggling, we are urging you to apply for this assistance. And, an important item to note, if you are a home-based business, thanks to a change also made by the County Council at this last Tuesday’s meeting, you can now also apply for a grant for the rental and mortgage assistance grant, in addition to the home-based business grant. Funds are available and they are there for those who need it.

I’d also like to thank the Volusia County Chamber Alliance and the Chambers of Commerce for their partnership in distributing the personal protective equipment, or PPE, in those kits for distribution to businesses. Over the course of a week, Volusia County and the Chambers distributed 3,500 kits to area businesses. And we are planning another distribution for August, and we will get that information out as soon as the dates and locations become finalized.

Also, another brief note quickly on testing locations. We continue to update information on Volusia.org on Volusia County testing locations on our website. The easiest spot for that is Volusia.org/testing. It will take you right there. And, if you don’t readily have internet access and still want to have information about the testing, you can simply make a phone call and listen to the testing options. That number is: 866-345-0345.

With that, I’d like to introduce Tom Cisco, the Operations Coordinator for the Volusia County Division of Emergency Management. Tom . . .
Tom Cisco – Operations Coordinator, Emergency Management of Volusia County

Good afternoon. As we all know, we’re in the middle of hurricane season. We are actually two months into hurricane season already, and it has been a very active season so far. And, I just want to give you a quick briefing on what is happening in the tropics right now. We have three systems we are looking at; one is tropical storm Hanna, and that is expected to go into Texas and not be a threat to Florida; then there is tropical storm Gonzalo, and that is expected to possibly dissipate in the next three days or so. There is a system that came off of Africa, a low pressure system that has a possibility of development in 10 to 14 days.

So, I wanted to keep you all informed of that, and then also, in Emergency Management, you know we are always planning for weather events and different types of disasters, and we want to make sure that you are planning for that. You know, now is the time to plan. Now is the time to decide whether you are going to stay or go. Now is the time to get your supply kit together. Have a communications plan with your family. You know I just wanted to make sure if you feel comfortable in your homes; you stay in your homes during this season.

And, that also we want to make sure you’ve got everything you need to be prepared. With that I just wanted to make sure if you have any needs that you contact us here in Emergency Management. We will assist you in getting prepared for the storm. We have a long time to go yet in this season so just be prepared and make your plans now ahead of time. Thank you.

Kevin Captain – Director of Community Information of Volusia County

Thank you Tom for that quick update on the storms. And, I’d like to introduce Lisa Lewis, the Volusia County Supervisor of Elections.

Lisa Lewis – Supervisor of Elections for Volusia County

Thank you Kevin. Good afternoon everyone. I just want to talk about elections and what this COVID-19 has encroached on us to help change elections a little bit. Of course we want to talk about the three easy ways to vote. Number one is vote by mail; vote in the comfort of your own home. It’s a safe way to vote. Safe for your health, and a secure vote. If you’ll call (386) 736-5930, the last day to request for the
Primary Election is August 8th. Of course you can request for the General at the same time if you’d like. Early voting begins August 8th and we will be open August 8th through August 15th, from 8:00 a.m. to 6:00 p.m., at six sites: Ormond Beach Library, City Island Library in Daytona, Port Orange Regional Library, New Smyrna Beach Library, Deltona City Commission Chambers and of course our office in DeLand.

Also, we have Election Day. Poles are open from 7:00 a.m. to 7:00 p.m. On Election Day you must vote at your assigned polling location. And, speaking of polling locations, with the COVID-19 we have had to consolidate some precincts and some locations. Everyone that this does affect will be mailed out a new voter information card this week. They probably have hit the mail today so look for those please. We are also advertising the changes.

We’ve lost polling locations due to COVID-19. The biggest reason is we need to social distance between everyone, both with check-in and the voters as they are voting. We have put procedures in place. We are utilizing schools and I want to publicly thank the school board as they voted to allow us to use the schools by closing the schools on Election Day. And, I can’t thank enough the school board members, the school board employees and the principals of the schools, we will be utilizing, for the welcoming that they have given us, in helping us conduct these elections.

Also, I want to talk about what we have in place if you do choose to go vote in-person. We are social distancing with our check-in stations, six feet apart. Our voting booths will be six feet apart for voting. We are putting Plexiglas in between the poll workers and the voters, so when you check-in the Plexiglas will be there. The poll workers will be provided masks, gloves and face shields, whichever they choose, if not all three.

Also, we are giving pens to voters. They are a one-time use, and it is theirs to keep. They will sign when they check-in, they will mark their ballot, and they will take it out the door with them. We are cleaning and disinfecting surfaces there in the polling locations, voting booths, secrecy sleeves, any surfaces where people are gathered or are utilizing. And, hand sanitizer will be on-hand for both the voters and the poll workers. Our goal is to provide a safe place for our voters and our poll workers. And, I would just like to thank everyone for this opportunity to get the message out to everyone. So, have a great day; stay safe.

Kevin Captain – Director of Community Information of Volusia County
Thank you so much Lisa, and thanks for joining us today. We will move to Dr. Stephen Bickel, who is the Medical Director of the Florida Department of Health in Volusia County, who is joining us this afternoon virtually. How are you doing Dr. Bickell? Thank you for joining us today.

**Dr. Stephen Bickel** - Medical Director of the Florida Department of Health in Volusia County

Hi, it’s good to be here. Did you want me to start on my material or is somebody going to ask me questions? I’m not so sure on how you want to do the format?

**Kevin Captain** – Director of Community Information of Volusia County

Actually, Dr. Bickell, the floor is yours, so if you want to give us an update on COVID-19 that would be wonderful.

**Dr. Stephen Bickel** - Medical Director of the Florida Department of Health in Volusia County

Okay, well, I was mainly asked to talk about a few different topics. The first one is to kind of review the effectiveness of masks in preventing the spread of COVID, so if you could give me slide number one? (Kate Sark: That is up, Dr. Bickell, we are ready to go.) Okay, I don’t see it, is it . . . (Kate Sark: You see us, but the viewers see it, so we are all good.) Okay, it’s the one with the different colors, yellow, blue and all that? (Kate Sark: Yes, sir.)

Okay, so this slide takes a little getting used to, but basically it’s trying to give a message of how the percent of people using masks interacts with the actual effectiveness of the masks they are using to impact the reproduction number, which is the number we care about in terms of decreasing spread. And, so, at the bottom left of this graph where it is yellow, which would be where you would have basically no interruption of the spread. The R-Number is about 2.4 meaning every person infected will eventually affect 2.4 other people, and it just keeps going like that as the disease rapidly grows. And, then, at the far upper right of the corner where it is all blue, that’s where 100% of the people are wearing masks that are essentially 100% effective, which would be an N95 mask. And, at that point the R-Number would be close to zero and there’d be, the disease would be going away very rapidly.
And what it is trying to depict is the more people wear masks, and the more effective the masks are that they are wearing, the more dramatic this impact is. And the key number we are trying for is to get this R-Number to at least a one, which means that the disease stops growing. It doesn’t mean that the cases go away, it just means that they stop multiplying, and that is a sign that we are starting to get a handle on it. Basically these models predicted that if people wore, not super sophisticated, but maybe multi-layered cloth masks that were 60% effective, and if 60% of people wore them, that would bring this R-Number down to one. And, that seems to be a very achievable level of wearing a mask and effectiveness of masks. So, it just shows what a dramatic impact they can have. A lot of people, and I still don’t know why it has become so politicized, but it is probably the least intrusive measure we can use, and one of the tiny few most effective measures to combat this. It is truly something that everybody should be on-board with.

If we can go to slide two, this shows sort of why the mask issue is such a big deal. And, basically the large blue top part of the graph shows the people who are before, are capable, of having large viral loads in their system to spread this and have no symptoms. It is thought to be roughly half, 40 - 70% are the estimates. And, that is why we are pushing the masks, because if people are waiting for themselves to become symptomatic before they start to quarantine themselves, or limit their interactions with others, they are going to be spreading this. Many people are symptomatic for a day or two before they notice it, I’m sorry, have the disease for a day to two, before they have any symptoms, and are giving it to others. So, the idea of wearing the masks will prevent them from spreading the virus even when they don’t know they have it.

Another, the second big hump is the symptomatic group of people, and it is a somewhat similar, maybe smaller group than the pre-symptomatic in terms of who is spreading this. And, then the two low peaks are: one is environmental spread and the last one is people who are asymptomatic the whole time. In other words, the pre-symptomatic people are going to get symptoms the next day or two or three. The asymptomatic people who are going to coast through this whole thing, a lot of them are younger, who never get symptoms. But, they are thought to be probably, and there is still some uncertainty to this, but they are not thought to be a big factor in the spread. It is mostly the pre-symptomatic and symptomatic people. But, the point of all this is that by wearing a mask you’re not, you are greatly cutting down the chances, that you will spread this to others, which could be happening even before you have symptoms.
Then, the last slide is, the point of it is, to address this question that apparently some people in the community are asking for, or maybe even some providers are doing; antibody testing or serologies, to try and diagnose this illness, while people are still symptomatic, or maybe in the course of the illness. And, what this shows, it’s another busy graph trying to convey a lot of information. The three large, the three early peaks there are viral levels in different parts of the body. One is nasal pharyngeal, one’s respiratory and the other is a bronchoscopy, where they actually do deep lung sampling. And, this shows that those levels go up in the week before your illness; the week before you becoming symptomatic, pretty rapidly.

And the diagnostic tests we use, whether they are the antigen tests that are a little bit less sensitive or the PCR tests that are the most sensitive, they will pick this up before your symptoms if you get tested, especially in the day or two before, and because these levels go up quickly, they pick it up pretty early in this phase. But, these antibody tests which are these dashed lines that start a little bit after week one is over, that is showing; what happens is that you get the virus in your body, it multiplies and then your immune system gets revved up and starts attacking it, well, that takes a week or two to happen. And, there are a couple of different antibodies that develop, but even the fastest developing one takes at least seven days. You are probably through the symptomatic phase of your illness or close to it, before those tests turn positive.

So, in the phase where you are ill, the antibody tests are not useful. What they are useful for is after you’ve been sick. Sometimes they are useful in the week or two after, whether there is some uncertainty whether you had it or not, but it is mostly to see if you’ve had it sometime in the past two or three months. That is where the usefulness is, so we encourage people, whether it is the providers doing the tests or patients asking for the test, to get the right test. And, basically when you think that you might have the illness, it is to get the antigen or PCR test. If the illness you had, you are thinking that you might have had it in the past, the test to get is the serology or the antibody test.

There was one other question which was about close contacts and how long they should isolate, and if they’ve had a negative test does that mean that they can stop isolating? And, the problem with a negative test is that if you’ve been exposed, and let’s say that you get tested three days after your exposure, you could still be negative, because the virus is still kind of gearing up; it’s growing in your body and the levels are still low. So, you could have a negative test early on in the next one, two, three, four days, it turn positive, it doesn’t mean that with that one test that you are out of the woods. So, the typical time to, the median time to symptoms after exposure is about five days, but it could go as long as
fourteen. And, for that reason that’s why the isolation is recommended for fourteen days. This is just a protection for people you care about, the people you’ve been in contact with, to prevent the spread to others. That is also the way to prevent the spread to the community. So, it is inconvenient. It disrupts people’s lives, but this is how we are trying to contain this illness, so we urge everyone’s cooperation. And, the scientific reason for it is that it can truly take up to fourteen days for it to become symptomatic after exposure.

Those are basically the points that I was asked to address.

Kevin Captain – Director of Community Information of Volusia County

Thank you so much Dr. Bickel. Thank you for joining us this afternoon and for those very informative slides. We will move to our next speaker which is Dr. Joe Smith. Dr. Smith is the Chief Medical Officer for AdventHealth in DeLand. Dr. Smith . . .

Dr. Joe Smith – Chief Medical Director for AdventHealth, DeLand

Thank you for having me Kevin. I’d like to start by saying here at AdventHealth we have never been more prepared to care for patients with COVID-19. We have more protective equipment, more ventilators, and a veteran staff of compassionate caregivers who are more prepared than ever to render care to these patients. Part of our ability to do that and to have that capacity is something that I’d like to thank the community for. Wearing masks is something that we here at AdventHealth continue to vigorously advocate for, and I applaud our community leaders and our businesses who have taken the additional steps to encourage the use of masks. Masks remain the most effective, cost effective, and easiest way that you can help prevent the spread of COVID-19. We here at AdventHealth have put into place a number of steps to keep the hospital safe. And, these are lessons that community can learn and apply out in the businesses and in the schools. We are keeping patients who are suffering from COVID-19 separate from the rest of the population here in the hospital. All of our staff are wearing masks, checking temperatures, we are distancing at least six feet apart and we are washing our hands even more regularly than usual.

Part of our ability to educate the public is also predicated on programs just like this, and we are greatly appreciative to the County for allowing us to have this opportunity to speak directly to you. We are also
very blessed to be a part of a large national organization that has allowed us to bring resources in, from as far away as Colorado, to central Florida. And I am pleased to report that dozens of nurses are already working here in Volusia as we speak.

I think that if the fear of contracting or spreading COVID-19 is not something that motivates you to wear a mask, I’d like you to take a moment and think about what it would mean to reopen our economy only to close it back again. Wearing masks, social distancing, washing our hands, being vigilant, these are the best ways to get our community back on track.

As we talked even more, and some of the questions we continue to get are about opening schools. And, I’d like to reiterate that we in the healthcare profession and AdventHealth are not the decisions makers on that issue. But, our responsibility is to continue to educate the public, and we are already consulting with a number of our schools, and businesses, to help those entities understand the steps that they can take and apply the lessons that we have learned. We are going to be holding a special “Back to School” edition of AdventHealth morning briefing on July 30th, at 8:30 a.m. on Facebook Live. And, I encourage all with children who may be returning to school, to try to take a moment and watch that.

If you are having questions about the virus, you can certainly reach out to us at 1 (877) VIRUSHQ or you can come to one of our facilities. All of our clinics, our Centra Cares and hospitals, have put into place additional cleaning steps to make sure that our facilities are sanitized even more regularly than usual. Patients are distanced, and you will be offered a mask and a temperature check as you come in. We are also expanding our ability to offer video visits and telehealth to leverage technology so the patients who would like to see us, but are not feeling safe to come out into the world, have that opportunity to seek health care as well.

In most circumstances all of our facilities have more than adequate capacity. We are continuing to provide elective surgeries and there’s really no reason why you should feel unsafe coming into our facilities to seek the healthcare you need. Take care of yourself and make sure that you are not putting your own health on the back burner. There is really no reason to be afraid, but we do need to remain vigilant, and we do need to remain smart about this.

Finally, I just want to say one more time, wearing a mask is the best thing that you can do. We are asking you to step up and mask up, to help stop the spread of COVID-19. Thank you Kevin.
Kevin Captain – Director of Community Information of Volusia County

Thank you Dr. Smith. Thank you so much for joining us this afternoon. Before you go Dr. Smith, I do believe that we have one question from a reporter for you while you are on the line. We can have that asked.

**Question 1:** (Kate Sark - Community Information of Volusia County) Hi, Dr. Smith, Mike Springer has asked how the ICU beds numbers are now, compared to what we would normally see this time of year?

Dr. Joe Smith – Chief Medical Officer for AdventHealth, DeLand

**Answer 1:** So, we are in, what I would call a “busy normal” state. We are continuing to utilize all of our normal beds. We have not had to expand beyond the normal space where we have ICU patients being cared for. As I mentioned before, our ability to bring in staff from other states and other campuses or sister hospitals, has enhanced our ability to provide that ICU level care. We have had absolutely no shortage of ventilators here in Florida, or elsewhere in the country within AdventHealth, and so our ICU capacity remains at a very safe level.

But, I want to reiterate to the community, we owe that to the public. If the public had disregarded all of the social distancing, the handwashing, staying home when they are sick, wearing masks, we could have seen a more severe surge of COVID patients than we just saw. But, I am very happy to report that we are seeing those numbers, while they did increase significantly, even above the April spike, are beginning to come down. And, we do have capacity on the ICU and non-ICU level throughout the system.

Kevin Captain – Director of Community Information of Volusia County

Thank you Dr. Smith. We do have another question, from reporter, Mike Springer, and it will be directed to Holly Smith, who is the Communications Manager for the Florida Department of Health in Volusia County.

Holly Smith – Communications Manager, Florida Department of Health in Volusia County
Thank you Kevin.

**Question 2**: (Kate Sark - Community Information of Volusia County) Hi Holly, so, Mike Springer from Channel 9, has asked if the Department of Health has heard of people who’ve said that they had cancelled their appointments, but are still receiving calls notifying them that they have tested positive?

**Holly Smith** – Communications Manager, Florida Department of Health in Volusia County

**Answer 2**: Yes, and thank you Mike for that question. Again, this is a common one that we’ve gotten. Probably over the last two weeks there have been posts circulating on social media. It is not just in Volusia County, it is around the state, because I am talking with my cohorts who are working in other counties, and people are being told that people who were never tested are getting results.

So, the first thing I’d like to do is explain how the testing works. If you go into a provider’s office you provide them the information, they take the sample and send it off to the lab. Then the provider is responsible for responding to you with the results. That could be a telephone call, likely if it is positive, or it could be a written letter. It just depends on how that particular provider is handling that. I can tell you that I’ve asked many people to give me information; to tell me who are you, and to let us look in the system, and no one wants to come forward for us to investigate, or for us to find out what is happening with these. I can tell you that there are scams going on in the state of Florida. This just could be another one of those, or it could be a social media; something that just gets legs and continues to spin forward.

I can tell you that the Health Department, will never call you and ask you for your social security number and I can tell you that we will never call you for financial information. So, again, even in these difficult times, we still have people who are trying to take advantage of other people. So, just keep your personal information to yourself. If you are one of these people who got one of these letters and you were never tested, I encourage you personally, not someone who heard about it from someone else, any of these people who got these letters, to contact the Health Department locally. Press pound (#) for the Corona Virus Hotline here in Volusia County, and we will get back to you to try and get to the bottom of this.

To this point, no one has wanted to come forward and give us their name so that we can investigate whether or not, where these labs might have happened, or if they even occurred in the first place.
So, thank you for the question, and again if you have been one of these people who has received one of these letters, please contact the Health Department and we will look into it. Thank you.

**Kevin Captain** – Director of Community Information of Volusia County

Thank you Holly. We have a couple of questions for Lisa Lewis, the Supervisor of Elections.

**Question 3:** (Kate Sark - Community Information of Volusia County) Lisa, one of our Facebook viewers, Debbie R., asked if you will send ballots to assisted living facility residents, or if they need to request them?

**Lisa Lewis** – Supervisor of Elections for Volusia County

**Answer 3:** Great question, and residents do need to request them. It’s just like any other citizen, or voter in the county who does have to request to vote by mail. We’ve been in contact with quite a few of our assisted living nursing home facilities that we have here in Volusia County, about getting the information out to their residents there. And, we have provided copies of requests and also update information via the application. And, we are receiving some of those back, and mailing as soon as we receive the request.

**Kate Sark** - Community Information of Volusia County

Thank you Lisa, and can you just remind people, if they need to find any of this information, where they should go?

**Lisa Lewis** – Supervisor of Elections for Volusia County

Absolutely, our website is VolusiaElections.org. You can find a multitude of information, especially the polling locations that have changed. Those are listed on there. The polling sites, and how you can
request a “Vote by Mail.” So, please visit the site, or if you don’t want to go on the website, our phone number is (386) 736-5930. Thank you.

Kevin Captain – Director of Community Information of Volusia County

Thank you Lisa. Okay, we are a few months into this pandemic; several months actually, and it has been very stressful on a lot of us, particularly with our mental health. And with that, our last speaker is Mark Spivey. Mark is with Halifax Health and he is a Professional Clinical Counselor at Halifax, and also a Clinical Chaplain. Welcome Mark Spivey; thank you for coming today.

Mark Spivey – Clinical Chaplain and Licensed Professional Clinical Counselor, Halifax Health

Thank you Kevin. As most Floridians, I was shopping this morning at Publix, where it used to be a pleasure to shop. And, it’s not so much a pleasure anymore, because as I am going through the line, I have my mask on; I have my scrubs on, and a lady says to me, “When is this going to pass? How much longer am I going to have to wear this?” And knowing who she is of course, I jokingly say, “I recommend you wear that for the rest of your life. Just continue to cover your face at all times.” No, I was only kidding. I said, “Don’t worry about it, it’ll pass.” She said, “How long; how much longer?” I said, “Pinch your skin,” so she pinched her skin. I said, “How long have you had that?” And she said, “All my life.” I said, “Get used to it.”

Corona virus, just like Chicken Pox, Herpes, HIV, SARS, H1N1, it is here to stay. The question really is, “How long is it going to stay and cause us to have to take these extra precautions?” So, any time that something comes into our life and creates change, we have to do one of several things. Here in Florida we are exceptionally good at adaptation. Floridians know all about hurricanes, so we know how to plan and prepare. In many ways this “COVID coma” that we are in; I am watching this as a mental health professional, become more of “Corona or COVID carelessness” and “COVID complacency.” We are getting to a place where we are sick and tired of being kept from doing what we consider our normal sense of freedom. So, I usually give several pieces of advice which are simple, but remarkably true and remarkably useful in simply adapting.

The key is our attitude. We get to choose our attitude. We get to choose whether we are going to be negative or positive. And, I always encourage people to look for more of the things that are going right
in their life. Look for what is working. Look for what is simple; waking up, breathing, being aware of your heartbeat, having food in your refrigerator. It’s the simple everyday things that we create in our lives for routine. And, like anyone who has a plan in order to survive and thrive, it is important for us to be mindful. And, mindfulness is to be aware of our feelings, be aware of the feelings of others, and being tuned in to what is important to us, and how to take care of the ones that we love. And, in that we can be conscientious. We can practice our sense of sensibility. I call it the three W’s. We wash our hands. We wear our masks. And, we wait our turn. We keep our space and our distance. If you told any Floridian that by simply wearing a mask, you could stop a hurricane from a direct hit, we would wear it. We would think nothing of that. So, it’s a small thing to ask and it’s temporary. Let me say what you already know. That in life if it is difficult or challenging, if it is temporary, we can handle it. When we think that it’s something that we think possibly we can never get rid of, that is when it gets more challenging. But, as long as it is temporary and we know that it is only for a short time, we can endure, because “This too shall pass.”

So, it is very simple, and I will conclude with my five favorite simple things to do. Sleep. Eat, proper nutrition. Proper fluid intake, and I don’t mean alcohol, but that is always an option if you like that. Exercise, it doesn’t have to be a gym; it can be walking or riding your bike. And finally, meditation. And, meditation can be any form of your idea of spirituality. Whether that is music, walking on the beach or a combination of any of the above. Thank you.

Kevin Captain – Director of Community Information of Volusia County

Thank you very much Mark. I want to thank all of our speakers and thank Mark for that closing positivity. It is certainly the infections that we want to penetrate into our community. With that we will close the afternoon’s conference. Take care, stay safe and help your neighbors.