

# Monthly **La Costa** Newsletter

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**OFFICE HOURS**

**Mon - Fri**..... 8 AM - 4 PM

**LA COSTA CONDOMINIUM**

5333 Collins Avenue

Miami Beach, FL 33140



## **Miami-Dade County Requires FACIAL COVERINGS IN PUBLIC**

Effective as of 9 am on July 2, 2020, Miami-Dade County has issued **Amendment 1 to Emergency Order 20-20** requiring all persons throughout the County to wear a mask or other facial covering when in public.

A mask or other facial covering must comply with the recommendations of the CDC, as such recommendations may change from time to time. The current CDC guidelines recommend wearing a mask or facial covering which snugly covers the face and mouth, whether store bought or homemade, which is secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction, and which is able to be laundered and machine dried without damage or losing shape.

Persons wearing facial coverings should review the CDC and Florida Department of Health guidelines regarding safely applying, removing, and cleaning such coverings, which are found at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>. Examples of compliant homemade masks and other facial coverings may be found at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>. Persons should not utilize N95 rated masks, as those are critical supplies for health care workers, police, fire, emergency management, or other persons engaged in life/safety activities.

***Masks and other facial coverings are NOT REQUIRED:***

- at or inside a private residence or private automobile
- at or inside any religious institution, without limitation
- inside a hotel, motel, or commercial lodging establishment guest room, or inside any apartment
- of children under the age of two years
- of persons who cannot wear a mask or facial covering due to an existing medical condition
- of an individual who is hearing impaired or an individual who is communicating with an individual who is hearing impaired
- where federal or state safety or health regulations prohibit the wearing of facial coverings
- of persons actively engaged in strenuous physical activity, either inside or outdoors
- of persons swimming or engaged in other activities which may cause the facial covering to become wet
- while persons are actively eating, drinking, or smoking
- while a person is receiving services which require access to that person's nose or mouth

## Testing For Covid-19

Two kinds of tests are available for COVID: [viral tests](#) and [antibody tests](#).

- A viral test tells you if you have a current infection.
- An antibody test might tell you if you had a past infection. An antibody test might not show if you have a current infection because it can take 1–3 weeks after infection for your body to make antibodies. Having antibodies to the virus that causes COVID-19 might provide protection from getting infected with the virus again. If it does, we do not know how much protection the antibodies might provide or how long this protection might last.

If you test positive or negative for COVID-19 on a viral or an antibody test, you still should take preventive measures to [protect yourself and others](#).

How to get tested for current COVID-19 infection

- To learn if you have a current infection, <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html> are used. Most people have mild illness and can recover at home without medical care. Contact your healthcare provider if your symptoms are getting worse or if you have questions.
- Decisions about testing are made by state and local health departments or healthcare providers. You can visit your [state](#) or [local](#) health department’s website to look for the latest local information on testing.
- If you have symptoms of COVID-19 and are not tested, it is important to stay home. [What to do if you are sick](#).
- If you have symptoms of COVID-19 and are not tested, it is important to stay home. Learn [what to do if you are sick](#).

## ! From FPL - Protect Yourself from SCAMS, FRAUD, AND IMPOSTORS!

**Warning:** Scammers are aggressively targeting utility company customers across Florida and the rest of the country using sophisticated tactics to pocket quick cash. We continue to help provide our customers information on the most commonly used scams and how you can protect yourself by partnering with more than 100 utility companies across the country and sharing the latest scam-related information.

### SOME OF THE MOST COMMON SCAMS INCLUDE:

- The caller **pretends** to be a Florida Power & Light Company (FPL) employee and insists your account is delinquent. Caller ID may even falsely display our number and appear to be FPL.
- The caller **threatens** to turn off power to your home or business within an hour if payment isn’t made immediately and may even claim a truck is on the way.
- The caller **demand**s immediate payment only with a prepaid card or wire transfer and provides a call back number that mimics our customer service line.

### FPL WILL NEVER:

- Demand immediate payment with a prepaid card or wire transfer to avoid service disconnection.

### IF THIS HAPPENS TO YOU, TAKE ACTION:

- Suspicious caller – **Hang up**
- Suspicious text or email – **Delete it**
- A visitor without official FPL identification – **Shut the door**
- Ask for personal information, such as account numbers or your Social Security number, unless you call us – in which case we will ask questions to confirm you are the account holder.

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# Greek Orzo Salad

- 1 1/2 cups uncooked orzo pasta
- 2 (6 ounce) cans marinated artichoke hearts
- 1 tomato, seeded and chopped
- 1 cucumber, seeded and chopped
- 1 red onion, chopped
- 1 cup crumbled feta cheese
- 1 (2 ounce) can black olives, drained
- 1/4 cup chopped fresh parsley
- 1 tablespoon lemon juice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon lemon pepper

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Drain artichoke hearts, reserving liquid.
2. In large bowl combine pasta, artichoke hearts, tomato, cucumber, onion, feta, olives, parsley, lemon juice, oregano and lemon pepper. Toss and chill for 1 hour in refrigerator.
3. Just before serving, drizzle reserved artichoke marinade over salad.





Commissioner  
**Eileen Higgins**  
District 5



*"During these challenging times, rest assured that my office is here to listen to your concerns and connect you to the services and resources you need from Miami-Dade County."*

CALL - EMAIL - SOCIAL

[www.miamidade.gov/district05](http://www.miamidade.gov/district05)  
305-375-5924  
District5@miamidade.gov

 @CommishEileen  
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**GET COUNTED!**  
It's important, safe, and easy. Complete the Census at [my2020census.gov](http://my2020census.gov).

**SAFETY FIRST!**  
Ensure your safety by social distancing, washing your hands, and wearing a mask.

**STAY INFORMED!**  
Get most recent D5 updates by emailing [district5@miamidade.gov](mailto:district5@miamidade.gov).





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