

LAKE WALES CHARTER SCHOOLS

YOUR HEALTH IS OUR PRIORITY

Keeping you up to date on the latest statistics regarding COVID-19 in our community.

**HEALTH REPORT AS OF:
SUNDAY, OCTOBER 4TH**

EXCITING NEWS!

COVID-19 COMMUNICATIONS WEBSITE PAGE COMING SOON!
STAY TUNED FOR DETAILS!

HEALTH TIP OF THE WEEK

GETTING ENOUGH SLEEP IS A MAJOR KEY IN HEALTHY LIVING!
"NOT GETTING ENOUGH SLEEP IS LINKED WITH MANY CHRONIC DISEASES AND CONDITIONS—SUCH AS TYPE 2 DIABETES, HEART DISEASE, OBESITY, AND DEPRESSION."

A FEW TIPS FOR BETTER SLEEP ARE:

- BE CONSISTENT. GO TO BED AT THE SAME TIME EACH NIGHT AND GET UP AT THE SAME TIME EACH MORNING, INCLUDING ON THE WEEKENDS
- LIMIT YOUR ELECTRONIC DEVICE USE, SUCH AS TV, COMPUTERS, AND SMART PHONES WITHIN 2 HRS OF BEDTIME.
- GET SOME EXERCISE. BEING PHYSICALLY ACTIVE DURING THE DAY CAN HELP YOU FALL ASLEEP MORE EASILY AT NIGHT.

LOCAL STATISTICS

716,459 COVID-19 CASES IN FLORIDA.
24,225 NEW CASES SINCE LAST WEEK.

20,425 COVID-19 CASES IN POLK COUNTY. **576** NEW CASES SINCE LAST WEEK.

13.4% POSITIVITY FOR PEDIATRICS IN POLK COUNTY

POLK COUNTY'S DAILY PERCENT POSITIVE RESULTS RANGED FROM 7.99% TO 3.77% OVER THE PAST 2 WEEKS WITH **5.75%** BEING THE MEDIAN.

OF ACTIVE COVID-19 CASES BY LOCATION:

LAKE WALES HIGH: 2
BOK NORTH: 0
BOK SOUTH: 1
BABSON PARK: 0
HILLCREST: 0
POLK AVE: 3
JANIE HOWARD: 0
TRANSPORTATION: 1
ADMIN. BUILDING: 0

RESOURCES:
FLORIDA DEPARTMENT OF HEALTH
[HTTP://POLK.FLORIDAHEALTH.GOV/](http://polk.floridahealth.gov/)
CENTERS FOR DISEASE CONTROL AND PREVENTION
[HTTPS://WWW.CDC.GOV/](https://www.cdc.gov/)

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