



How to Properly Wash a Cat

Put the lid and toilet seat up and add 1/4 cup of pet shampoo to the water in the bowl.

Pick up the cat and soothe him as you carry him towards the bathroom.

In one smooth movement, put the cat in the toilet and close the lid. You may need to stand on the lid.

At this point the cat will self agitate and make ample suds. Never mind the noises that come from the toilet, the cat is actually enjoying this.

Flush the toilet three or four times. This provides a 'Power-Wash' and 'Rinse.'

Have someone open the front door of your home. Be sure that there are no people between the bathroom and the front door.

Stand way back, behind the toilet as far as you can, and quickly lift the lid.

The cat will rocket out of the toilet, streak through the bathroom, and run outside where he will dry himself off.

Both the toilet and the cat will be sparkling clean.

Yours Sincerely, The Dog

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SAFE • CONVENIENT • DISCREET

CoVid Fear and Hurricane Season Is Here

by Marilee Free

Let's face it, life as we know it is strange now, everything socially has changed. So what do you do? Who do you believe?

I had a recent visit with Dr. Susana May, Family Physician in Key Largo, about Covid, CDC guidelines and hurricane season. This is her insight...

Hurricanes threaten the Keys every year but 2020 is no ordinary year. It's essential to have a plan — especially if you are elderly, living in a trailer, mobile or RV. A hurricane shelter is the worst case scenario for Covid spreading. As former health department director for Miami's hurricane shelters, Dr. May explains that shelters are packed with rows of cots, where people in close proximity would be taking off their masks to eat and drink. She recommends for people to consider a plan for sheltering with their pets. Make arrangements with family or friends, if possible, in case of an evacuation. Home host volunteers could help by sharing their concrete homes with elder folks and those residing in trailers.

Hurricane shelters are non-smoking facilities. Smoking, like coughing, sneezing, talking loudly, even laughing spreads the virus more rapidly. Masks worn in public are effective and will help if everyone does their part, it's a

small favor to ask in this time of uncertainty.

What can we do to help our healthcare professionals as the Covid cases escalate to over 1000 in the Keys?

If you are exposed to or feel that you have the virus, please call the office, don't come in. Dr. May is available to set up video chat appointments on FaceTime, Google Duo, WhatsApp and Zoom. Please be patient with the healthcare staff. They are risking their lives doing their jobs to help us all stay healthy. Please be kind, there is not enough medical staff qualified to handle this pandemic and limited testing supplies are available. Hospitals are full; doctors, nurses and health care staff nationwide are overworked and overwhelmed.

If you have symptoms, or have been exposed to someone who tested positive and want to be tested for Covid, Advance Urgent Care is doing testing in Key Largo (they have been busy and will charge for swab.) On Saturdays, CHI in Marathon does drive-up testing by appointment only. There is also drive-up testing in Homestead at Harris Field.

Dr. May posts daily on Facebook, sharing the latest news and giving advice for handling the crisis. She gets a

lot of doubters and conflicting opinions, even though she's a medical professional with 33 years of experience. This virus has no outpatient treatment and no cure.

Symptoms include intense inflammation that attacks arteries, creating a clotting disorder. Clots can affect all the organs including the lungs, heart and brain.

Seeing cases first hand and doing her research to pass on the best information possible, Dr. May stresses the number one thing that people can do is to stay home as much as possible and limit traveling. She doesn't think it's a good idea to send students back to school. She says homeschooling or online classes are the best way to flatten the curve for now.

Dine outdoors at restaurants, limit groups to four or less and choose take out when possible.

Staying home, exercising outside, drinking lots of water and eating healthy meals will help you stay well. Wash your



Karen Griswold APRN and Susana May, M.D.

hands regularly, use hand sanitizer if you can't wash your hands, don't touch your face, keep the 6 foot distance and please, just wear a mask in public, show you care to protect those around you.

Stay safe and well Conchs.

IF YOU'RE GOING TO CHILL, CHILL BIG!

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