September 30, 2020



Southwest Health & Human Services serves the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties.

As of 9/30/2020- Current confirmed cases of COVID-19

Situational Update

	Lincoln County	Lyon County	Murray County	Pipestone County	Redwood County	Rock County
Current Case #	118	738	176	215	180	155
Additional Cases since 9/21	+ 16	+86	+19	+24	+38	+29
Deaths	0	4	2	10	5	1

Are you sick?
Call FIRST:

Avera Regional Medical Center in Marshall, Tyler, Granite Falls: 1-877-AT AVERA (282-8372)	Murray County Medical Center: 507-836-6111	Cou 507	ipestone nty Medical Center: 7-825-PCMC (7262)	Sanford Luverne: My Sanford Nurse Hotline (800) 445- 5788 Sanford Luverne (507) 283-4476
Sanford Tracy: My Sanford Nurse Hotline (800) 445-5788 Sanford Tracy (507) 629-8300	Hendricks Community Hospital: (507) 275-313	Fee 50 C 4 320-2	ris Health in dwood Falls: 7-637-1730 EentraCare Connect: 200-3200, 24/7 speak with a nurse	For any other hospitals/clinics other than the ones mentioned, please call your health care provider to get information regarding COVID-19.

COVID-19 Cases in Minnesota

As of September 30, 2020, there have been 99,134 total positive cases (cumulative) of Coronavirus Disease 2019 in the State of Minnesota. 10,440 of the total positive cases in Minnesota have been from health care workers. There have been 2,036 total deaths within the state due to COVID-19. There have been 7,701 total cases where hospitalization was required. 89,392 cases of patients who have no longer needed to be isolated.

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If you feel like you want to harm yourself or your know someone who could, Call 9-1-1

Crisis Hotlines 24 Hours a day, 7 Days a week

Southwestern Mental Health (Rock & Pipestone Counties)

1-800-642-1525

Western Mental Health Center (Lincoln, Lyon, Murray & Redwood Counties)

1-800-658-2429

Mental Health/Substance Abuse Call:

Catholic Charities (Locations in Marshall, Hutchinson, New Ulm and Willmar)

• 1-866-670-5163

Minnesota Farm & Rural Helpline

- 833-600-2670 (press 1)
- minnesotafarmstress.com
- Free, confidential, available 24/7. If you or someone you know is struggling with stress, anxiety, depression, or suicidal thoughts – call.
 Sometimes it is easier to talk to somebody you don't know. Translators available.

Greater Minnesota Family Services

- Counseling and Therapy services to support whole family mental health
- 320-214-9692 ext. 4167

Community Testing at the Red Baron Arena in Marshall

Community Testing event for COVID-19 happened on September 29th, September 30th and October 1st from 12:00-6:00 PM at the Red Baron Arena & Expo in Marshall, MN.

The overall objective for this testing is to increase access to "no barrier" COVID-19 testing across the state to find new positive cases as early as possible to prevent further spread of the virus.

Increased access to testing and identifying positive cases as early as possible is a critical way to keep schools and the economy as open as possible. Helping someone find out they are positive early helps them protect others. However, positive cases staying hidden leads to more spread and more detrimental impact to our schools and economy.

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Thank you!

With the situation that we are all in whether that be working as a health care worker, business employee, school employee, long term care, no matter what situation you are in, thank you to all of your work to help slow the spread of COVID-19!

We still need to make sure that we are maintaining our 6 feet of distance from others outside of our household, wearing a mask, washing our hands with soap and water and staying home when we are sick.

We have all seen stress due to this and we are very appreciative of everyone during these tough times with all of the decisions you are making to keep yourself and your family members safe. We CAN slow the spread!

Minnesota Department of Health COVID-19 Documents

- COVID-19
- Masks and face coverings
- What to do if you have COVID-19
- What to do if you're waiting for COVID-19 test results
- What to do if you have had close contact with a person with COVID-19
- <u>Caring for Someone Sick at Home</u>
- Help slow the spread
- Health Screening for Building Entrances
- Handling a Suspected or Confirmed Positive Case of COVID-19: Information for Schools
- <u>2020-2021 Planning Guide for Schools: Health Considerations for Navigating COVID-19</u> (PDF)
- For more resources, see: https://www.health.state.mn.us/diseases/coronavirus/materials/index.html#sm1

If you have experienced or witnessed an incident of discrimination or bias call Minnesota's Discrimination Helpline at:

immigration status, or anything else.

Discrimination Helpline

• 1-833-454-0148 from Monday through Friday, 8:00 am to 4:30 pm. Interpreters are available. Or submit this online form.

COVID-19 does not discriminate based on race, where you come from, your

The helpline is staffed by investigators from the Minnesota Department of Human Rights.

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	If you are the victim of a crime, including a hate crime, or fear for your safety, call 911 immediately.				
	MDH public hotlines:				
	Interpreters are available for below				
Questions? Call:	 Minnesota Helpline: 651-297-1304 or 1-800-657-3504 from 9 a.m. to 4 pm Monday through Friday. The COVID-19 Public Hotline will no longer be operating during weekends. 				
	Centers for Disease Control and Prevention				
Credible	State of Minnesota COVID-19 Response				
information	Stay Safe Minnesota				
websites	Minnesota Department of Health				
	Southwest Health & Human Services				