

# Coronavirus Situational Awareness

September 21, 2020



<h2>Situational Update</h2>	<p><b>Southwest Health &amp; Human Services serves the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties.</b></p> <p><b>As of 9/21/2020- Current confirmed cases of COVID-19</b></p>						
		Lincoln County	Lyon County	Murray County	Pipestone County	Redwood County	Rock County
	Current Case #	102	652	157	215	142	155
	Additional Cases since 9/3	+ 31	+106	+14	+26	+70	+45
	Deaths	0	4	2	9	0	0
<p><b>Are you sick?</b> Call <b>FIRST:</b></p>	<p><b>Avera Regional Medical Center</b> in Marshall, Tyler, Granite Falls:  1-877-AT AVERA (282-8372)</p>	<p><b>Murray County Medical Center:</b>  507-836-6111</p>	<p><b>Pipestone County Medical Center:</b>  507-825-PCMC (7262)</p>	<p><b>Sanford Luverne:</b> My Sanford Nurse Hotline (800) 445-5788  Sanford Luverne (507) 283-4476</p>			
	<p><b>Sanford Tracy:</b> My Sanford Nurse Hotline (800) 445-5788  Sanford Tracy (507) 629-8300</p>	<p><b>Hendricks Community Hospital:</b> (507) 275-3134</p>	<p><b>Carris Health</b> in Redwood Falls:  507-637-1730  CentraCare Connect: 320-200-3200, 24/7 to speak with a nurse</p>	<p>For any other hospitals/clinics other than the ones mentioned, <b>please call your health care provider</b> to get information regarding COVID-19.</p>			
<h2>COVID-19 Cases in Minnesota</h2>							
<p><b>As of September 3, 2020</b>, there have been <b>90,942</b> total positive cases (cumulative) of Coronavirus Disease 2019 in the State of Minnesota. <b>9,684</b> of the total positive cases in Minnesota have been from health care workers. There have been <b>1,969</b> total deaths within the state due to COVID-19. There have been <b>7,199</b> total cases where hospitalization was required. <b>82,174</b> cases of patients who have no longer needed to be isolated.</p>							

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<p><b>Mental Health/Substance Abuse Call:</b></p>	<p><b>If you feel like you want to harm yourself or your know someone who could, <b>Call 9-1-1</b></b></p> <p><b><u>Crisis Hotlines 24 Hours a day, 7 Days a week</u></b></p> <p><b>Southwestern Mental Health (Rock &amp; Pipestone Counties)</b></p> <ul style="list-style-type: none"><li>• 1-800-642-1525</li></ul> <p><b>Western Mental Health Center (Lincoln, Lyon, Murray &amp; Redwood Counties)</b></p> <ul style="list-style-type: none"><li>• 1-800-658-2429</li></ul> <p><b>Catholic Charities (Locations in Marshall, Hutchinson, New Ulm and Willmar)</b></p> <ul style="list-style-type: none"><li>• 1-866-670-5163</li></ul> <p><b>Minnesota Farm &amp; Rural Helpline</b></p> <ul style="list-style-type: none"><li>• 833-600-2670 (press 1)</li><li>• minnesotafarmstress.com</li><li>• 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.</li></ul> <p><b>Greater Minnesota Family Services</b></p> <ul style="list-style-type: none"><li>• Counseling and Therapy services to support whole family mental health</li><li>• 320-214-9692 ext. 4167</li></ul>
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## Mental Health Wellness

We all **need** and **want** mental well-being. It is about our quality of life. Mental well-being is having the opportunity to realize your abilities, deal with day-to-day stress, have meaningful relationships and contribute to your family and community.

Each small step can improve how we feel and function. Remember, it is normal to be experiencing increased stress and anxiety right now. It is important to be gentle with yourself and others during this time.

Children may also be experiencing enhanced stress. Ensure your child has these mental health basics:



**Unconditional love from family, A feeling of safety and security, Face-to-face play time with other children, Encouragement and support from teachers and caregivers and Appropriate guidance and discipline.**

See the above information on hotlines if you are experiencing emotional distress or a mental health crisis.

## Back-to-College Tips

### Protect Yourself from COVID-19

*Watch your distance:* Stay at least 6 feet apart from others, when possible.

*Wash your hands:* Use hand sanitizer with at least 60% alcohol when soap isn't available.

*Wear a mask* in public spaces and common areas.

Before you go out, take the following with you:

- 1) Masks
- 2) Tissues
- 3) Hand sanitizer
- 4) Disinfecting wipes (if possible)

#### **DORM**

Avoid sharing items with roommates or others.

If you do, clean and disinfect before sharing or using.

#### **SHARED BATHROOM**

Avoid placing toothbrushes directly on counter surfaces.

Use totes for personal items to limit contact with other surfaces in the bathroom.

#### **CLASSROOM**

Enroll in online classes if they fit your educational needs.

Wipe down your desk with a disinfectant wipe if possible.

Skip seats or rows to create physical distance between other students.

Avoid placing your personal items (e.g., cell phone) on your desk.

#### **DINING HALL & MEALS**

Avoid sharing food, drink, utensils or other items with people.

Pick up grab-and-go options for meals if offered.

Avoid buffets and self-serve stations.

#### **LAUNDRY ROOM**

Clean and disinfect surfaces that others have touched (e.g., buttons on the washing machine).

Wash masks in warmest appropriate water setting for the fabric.

The more closely you interact with others and the longer the interaction, the higher the risk of COVID-19 spread.

For more information, visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

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**SOUTHWEST**  
HEALTH & HUMAN  
SERVICES

## What your test results mean

### If you test positive, stay home

- Separate yourself from others
- Rest & hydrate



### If you test negative, prevent getting sick by

- Social distance
- Wear a mask
- Wash your hands



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[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## 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](#)
- [Caring for Someone Sick at Home](#)
- [Help slow the spread](#)
- [Health Screening for Building Entrances](#)

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- For more resources, see:  
<https://www.health.state.mn.us/diseases/coronavirus/materials/index.html#sm1>

## Discrimination Helpline

COVID-19 **does not** discriminate based on race, where you come from, your immigration status, or anything else.

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

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

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

If you are the victim of a crime, including a hate crime, or fear for your safety, call 911 immediately.

## Questions? Call:

### MDH public hotlines:

Interpreters are available for below

- 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.

## Credible information websites

[Centers for Disease Control and Prevention](#)  
[State of Minnesota COVID-19 Response](#)  
[Stay Safe Minnesota](#)  
[Minnesota Department of Health](#)  
[Southwest Health & Human Services](#)