Coronavirus Situational Awareness

September 3, 2020

SOUTHWEST
HEALTH & HUMAN
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Situational Update

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

As of 9/3/2020- Current confirmed cases of COVID-19

	Lincoln County	Lyon County	Murray County	Pipestone County	Redwood County	Rock County
Current Case #	71	546	143	189	72	110
Additional Cases since 8/20	+ 9	+110	+11	+23	+32	+17
Deaths	0	3	2	9	0	0

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	**Pipestone County Medical Center**: 507-825-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) 275-3134	**Carris Health** in Redwood Falls: 507-637-1730 CentraCare Connect: 320-200-3200, 24/7 to 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.

Situational Awareness Change!

Situational Awareness Reports from Southwest Health & Human Services will be changed to **Bi-weekly** updates. However, if there is something immediate that needs to get out to partners, an email will be sent.

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COVID-19 Cases in Minnesota

As of September 3, 2020, there have been **78,123** total positive cases (cumulative) of Coronavirus Disease 2019 in the State of Minnesota. **8,522** of the total positive cases in Minnesota have been from health care workers. There have been **1,837** total deaths within the state due to COVID-19. There have been **6,592** total cases where hospitalization was required. **70,175** cases of patients who have no longer needed to be isolated.

Mental Health/Substance Abuse Call:	**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 **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

Data for K-12 Schools

Minnesota Department of Health and Minnesota Department of Education are using the 14-day COVID-19 Case Rate by County document for schools to use in making decisions about their safe learning model.

This shows the number of cases by county of residence in Minnesota over 14 days, per 10,000 people by the date of the specimen collection (when the person was tested).

Recommended policy options based on 14-day case rate range

Policy Option	Range (14-day case rate per 10,000 people)
In-person learning for all students	0 to less than 10
Elementary in-person, Middle/high school hybrid	10 to less than 20
Both hybrid	20 to less than 30
Elementary hybrid, Middle/high school distance	30 to less than 50
Both distance	50 or more

What happens within the community can affect which plan the school needs to choose for their safe learning model.

Medical Emergencies during COVID-19 Pandemic

If you or your family member is having a medical emergency, call **9-1-1** right now. This includes bleeding that will not stop, breathing difficulties, sudden loss of consciousness or signs of a stroke or heart attack.

Data is showing that fewer people with stroke and heart attack symptoms are calling **9-1-1** or visiting emergency rooms.

Our health care system is safe and prepared to treat patients experiencing any medical emergency.

Getting care fast could save your life! Don't delay care for medical emergencies.

Returning to work after being sick with COVID-19

You are sick with COVID-19 symptoms but have NOT been tested for COVID-19. **OR** You are sick and your health care provider told you that you have COVID-19 based on a lab test or symptoms.

If you are sick with COVID-19 symptoms - such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell, but have not been tested for

COVID-19 or you are sick and your doctor or local clinic told you that you have COVID-19 based on a lab test or symptoms.

Stay at home and separate yourself from others in your household. Do not share anything like utensils, or phones.

Stay at home until all three of these things are true: 1. Your symptoms, like cough or shortness of breath, have improved. 2. It has been at least 10 days since your symptoms started. 3. You've had 24 hours with no fever without fever reducing medicine. Stay home for the amount of time that is the longest.

For example, your symptoms start on a Wednesday. Your temperature goes down without fever reducing medicine on the following Sunday. After 24 hours of no fever, you could return to work on Tuesday. You have stayed home a total of 13 days.

One more example. Your symptoms start on Monday. Your temperature goes down without fever reducing medicine on Thursday. After 24 hours of no fever, you have stayed at home for 6 days. Since the minimum number of days you need to stay home is 10 days, you can return to work on Thursday.

When you return to work, stay 6 feet away from co-workers and visitors if possible and wear a mask. Check your local and workplace guidance about masks when returning to work. If you work in health care or still aren't feeling well enough to work, talk to your employer.

For up to date information about COVID-19 visit health.mn.gov

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
- School Planning Guidance 2020-2021
- 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