

# Coronavirus Situational Awareness

August 20, 2020



<b>Situational Update</b>	<b>Southwest Health &amp; Human Services serves the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties.</b>						
	<b>As of 8/20/2020- Current confirmed cases of COVID-19</b>						
		<b>Lincoln County</b>	<b>Lyon County</b>	<b>Murray County</b>	<b>Pipestone County</b>	<b>Redwood County</b>	<b>Rock County</b>
	Current Case #	62	436	132	166	40	93
Additional Cases since 8/13	+ 1	+10	+7	+8	+3	+7	
Deaths	0	3	1	9	0	0	

<b>Are you sick? Call <u>FIRST</u>:</b>	<b>Avera Regional Medical Center</b> in Marshall, Tyler, Granite Falls:  1-877-AT AVERA (282-8372)	<b>Murray County Medical Center:</b>  507-836-6111	<b>Pipestone County Medical Center:</b>  507-825-PCMC (7262)	<b>Sanford Luverne:</b> My Sanford Nurse Hotline (800) 445-5788  Sanford Luverne (507) 283-4476
	<b>Sanford Tracy:</b> My Sanford Nurse Hotline (800) 445-5788  Sanford Tracy (507) 629-8300	<b>Hendricks Community Hospital:</b> (507) 275-3134	<b>Carris Health</b> 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, <b>please call your health care provider</b> to get information regarding COVID-19.

## COVID-19 Cases in Minnesota

**As of August 20, 2020**, there have been **67,308** total positive cases (cumulative) of Coronavirus Disease 2019 in the State of Minnesota. **7,479** of the total positive cases in Minnesota have been from health care workers. There have been **1,745** total deaths within

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the state due to COVID-19. There have been **6,019** total cases where hospitalization was required. **60,605** 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

## Influenza Vaccine during COVID-19

Influenza (flu) severity varies from year to year, but flu always brings serious consequences. The prevention of influenza and its associated consequences is important every year. The COVID-19 pandemic means preventing influenza during 2020-2021 is **more important than ever.**

By getting your influenza vaccine, it means fewer people will need to seek medical care for their illness and increasing the flu vaccination uptake saves healthcare resources for COVID-19 and other conditions.

**Get your flu vaccine now!** Flu vaccine helps reduce the risk of hospitalization and death.

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Everyone 6 months & older should get their flu vaccine to help prevent severe flu symptoms.



For more information, visit <https://www.cdc.gov/flu/>

**Help to fight the flu!**

## Family Preparedness Planning

As school is beginning/has begun, it is time to create a family preparedness plan that will help your family be prepared for whatever comes your way. It is very important to have a plan during the COVID-19 pandemic so you and your family know what to do if someone becomes sick due to the virus.

Sit down with you and your family to walk through what will happen if someone is sick within your family and isolation/quarantine will need to happen.

WHAT'S  
YOUR  
PLAN?



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Planning ahead helps to lower stress levels and makes everyone feel better being on the same page.

Visit <https://mn.gov/covid19/for-minnesotans/get-help/make-a-plan.jsp> for instructions and planning kits. Available in English, Español, Hmong and Somali.

Also, visit <https://www.ready.gov/plan> for information on creating family preparedness plans and steps to walk through with your household before emergencies happen or <https://www.ready.gov/kids/family-emergency-planning/make-a-plan>.

## CARES Act and COVID-19 Testing

Did you know that the CARES Act requires that COVID-19 testing is covered without cost sharing? This applies to all health insurance coverage in Minnesota.

It is important to know that this applies to the test only, office visits are not covered though the CARES Act. Some insurance carriers have agreed to waive cost sharing for in network visits associated with the COVID-19 test. It is important to check with your health insurance to find out what will be covered and what is considered in network.

[Find Testing Locations](#)

## 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](#)
- 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.

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	<p>If you have experienced or witnessed an incident of discrimination or bias call Minnesota's Discrimination Helpline at:</p> <ul style="list-style-type: none"><li>• 1-833-454-0148 from Monday through Friday, 8:00 am to 4:30 pm. Interpreters are available. Or submit this <a href="#">online form</a>.</li></ul> <p>The helpline is staffed by investigators from the Minnesota Department of Human Rights.</p> <p>If you are the victim of a crime, including a hate crime, or fear for your safety, call 911 immediately.</p>
<p><b>Questions? Call:</b></p>	<p><b>MDH public hotlines:</b> Interpreters are available for below</p> <ul style="list-style-type: none"><li>• <u>Minnesota Helpline:</u> 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.</li></ul>
<p><b>Credible information websites</b></p>	<p><a href="#">Centers for Disease Control and Prevention</a> <a href="#">Minnesota Department of Health</a> <a href="#">Southwest Health &amp; Human Services</a></p>