Coronavirus Situational Awareness

July 23, 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 7/23/2020-** Current confirmed cases in Lincoln County: **51**, Lyon County: **391** and **3 deaths**, Murray County: **110** and **1 death**, Pipestone County: **123** and **6 deaths,** Redwood County: **27**, Rock County: **45**

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.

COVID-19 Cases in Minnesota

As of July 23, 2020, there have been **48,721** total positive cases of Coronavirus Disease 2019 in the State of Minnesota. **5,764** of the total positive cases in Minnesota have been from health care workers. There have been **1,561** total deaths within the state due to COVID-19. There have been **4,818** total cases where hospitalization was required. **42,524** cases of patients who have no longer needed to be isolated.

Wash hands often   Stay home when sick   Wear a mask   Stay 6 feet apart

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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

Executive Order 20-81

As of July 25, 2020, per the Governor's Executive Order 20-81, people in Minnesota are required to wear a face covering in all public indoor spaces and businesses, unless alone.

Additionally, workers are required to wear a face covering when working outdoors in situations where social distancing cannot be maintained.

Frequently Asked Questions about the Requirement to Wear Face Coverings from Minnesota Department of Health.

Reminder: A face covering is not a substitute for social distancing, but is especially important in situations when maintaining at least 6-foot distance from other individuals outside of your home is not possible.

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Thank you for wearing your face covering!!

COVID-19 Mask Do's and Don'ts

Do these when buying, wearing, removing and reusing masks:

- A number of stores and retailers are selling cloth facemasks. Consider purchasing them from small businesses.

- Save medical masks for health care workers.

- If you're making masks at home, consider buying materials online to avoid going out.

- Make your mask out of two layers of tightly woven 100% cotton fabric.

- Before putting on your mask, wash your hands with soap and water or use an alcohol-based hand sanitizer.

- Your mask should fit snugly around your mouth and nose. If the mask has a metal wire, pinch the wire to fit the bridge of your nose.

- Avoid touching the mask while wearing it. If you do touch your mask, wash your hands or use an alcohol-based hand sanitizer.

- When taking off your mask, do not touch the front. Remove your mask using the loops that go around your ears.

- After removing your mask, immediately wash your hands or use an alcohol-based hand sanitizer.

- After every use, throw away disposable masks or wash reusable masks. Follow the instructions that came with your mask.

- Let your mask fully dry before the next use. Don't wear a mask that is damp.

- And remember, **my mask protects you and your mask protects me.**

- Visit health.mn.gov for the most up-to-date information on COVID-19.

Testing for COVID-19

If you are having symptoms of COVID-19, you should get tested. Symptoms can include fever, cough, shortness of breath, muscle pain, headache, sore throat, runny nose, chills, diarrhea or loss of taste or smell.

Talk to your healthcare provider or use the online screening tool

Call ahead before you go to get tested.

The clinic that did your test will contact you with your results. It can take several days. If you are having symptoms of COVID-19, you must stay home even if you test comes back negative.

Showing symptoms of COVID-19 but your test came back negative, you must:

Stay home and isolate from others in your home until your symptoms have improved **AND** it has been 10 days since symptoms first appeared **AND** at least 24 hours with no fever without fever-reducing medication.

If your test came back positive and you are showing symptoms, you must:

Stay home and isolate from others in your home until your symptoms have improved **AND** it has been 10 days since symptoms first appeared **AND** at least 24 hours with no fever without fever-reducing medication.

If your test came back positive but you are not showing symptoms, you must:

Stay home and isolate from others in your home until 10 days have passed since the test and no symptoms have shown.

If you have been determined as a close contact of someone who has COVID-19, you must:

Stay home for at least 14 days after the last day you were in close contact with the person who has COVID-19 if no symptoms appear. If symptoms appear, follow the guidance above on "Showing symptoms of COVID-19 but your test came back negative."

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
- 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 Minnesota Department of Health Southwest Health & Human Services