

Coronavirus Situational Awareness

July 9, 2020



Situational Update	<p>Southwest Health & Human Services serves the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties.</p> <p>As of 7/9/2020- Current confirmed cases in Lincoln County: 11, Lyon County: 331 and 2 deaths, Murray County: 67, Pipestone County: 66 and 4 deaths, Redwood County: 21, Rock County: 31</p>
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<p>Are you sick? Call FIRST:</p>	<p>Avera Regional Medical Center in Marshall, Tyler, Granite Falls: 1-877-AT AVERA (282-8372)</p>	<p>Murray County Medical Center: 507-836-6111</p>	<p>Pipestone County Medical Center: 507-825-PCMC (7262)</p>	<p>Sanford Luverne: My Sanford Nurse Hotline (800) 445-5788 Sanford Luverne (507) 283-4476</p>
	<p>Sanford Tracy: My Sanford Nurse Hotline (800) 445-5788 Sanford Tracy (507) 629-8300</p>	<p>Hendricks Community Hospital: (507) 275-3134</p>	<p>Carris Health 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, please call your health care provider to get information regarding COVID-19.</p>

COVID-19 Cases in Minnesota

As of July 9, 2020, there have been **40,163** total positive cases of Coronavirus Disease 2019 in the State of Minnesota. **3,906** of the total positive cases in Minnesota have been from health care workers. There have been **1,490** total deaths within the state due to COVID-19. There have been **4,305** total cases where hospitalization was required. **35,193** cases of patients who have no longer needed to be isolated.



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

<p>According to the Governor's Executive Order with phased opening, Phase III of turning the dial means:</p> <ul style="list-style-type: none">• Restaurants and bars for indoor seating at 50% capacity. Do not exceed 250 individuals for indoors and outdoors settings each, reservations are required.• Personal services (hair salons, tattoo parlors and barbershops) at 50% capacity with appointments required.• Gyms, personal fitness and yoga studios for both indoor and outdoor use a 25% capacity, not to exceed 250 individuals for indoor and outdoor settings each• Seated indoor entertainment (theaters, concert halls, bowling, arcades and museums) at 25% capacity, maximum of 250 in an area.
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- Pools at 50% capacity and maintain social distancing
- Outdoor event and entertainment settings (sporting events, concerts and theaters) must **not** exceed 250 people. Follow social distancing guidelines and strongly recommend masks to be worn.
- Remember, wash your hands often, stay **home** when you are sick, wear a mask and stay 6 feet apart from anyone outside of your home.

Social Gatherings

Social interaction is important for our mental health and well-being. We are at a point where people can start to gather in small groups. If you are hosting or attending a social gathering, follow these tips to help protect yourself and others:

- Keep your indoor gatherings to 10 people or fewer.
- Keep your outdoor gatherings to 25 people or fewer.

Whether indoors or outdoors:

- People from different households should stay at least 6 feet apart.
 - Set up seating areas ahead of time that allow for space in between people.
- Wear a mask or cloth face covering during times when you can't keep at least 6 feet between people.
 - Wear a mask when you arrive, when you leave and if you have to move around among people.
- Try to minimize sharing items and equipment with people not in your household. If you do, wash your hands or use hand sanitizer with at least 60% alcohol once you are done.

Remember: Stay home if you are sick and be sure to cover your cough and/or sneeze with your elbow or a tissue.

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Wash hands often



Stay home when sick



Wear a mask



Stay 6 feet apart

Deciding to Go Out

What you need to know:

- In general, the most closely you interact with others and the longer the interaction, the higher risk of COVID-19 spread.
- If you decide to engage in public activities, continue to protect yourself by social distancing (6 feet or more for no more than 15 minutes) or if social distancing is tough, wear a cloth face covering.
- Keep these items on hand when you venture out: a cloth face covering, tissues, and hand sanitizer with at least 60% alcohol if possible.

What to consider before you go: (Ask yourself these questions)

- [Is COVID-19 spreading in my community?](#)
- What are the local orders in my community? –Review your local city orders with businesses reopening and social distancing practices.
- Will my activity put me in close contact with others?
- [Am I at risk for severe illness?](#) – **Older adults and people of any age with serious underlying health conditions might be at higher risk.**
- [Do I live with someone at risk for severe illness?](#)
- [Do I practice everyday preventative actions?](#)
- Will I have to share any items when I go out?—**If so, remember the [cleaning and disinfecting guidance](#).**
- [Will I need to take public transportation?](#)
- [Does my activity require travel to another community?](#)

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SOUTHWEST
HEALTH & HUMAN
SERVICES

- If I get sick with COVID-19, will I have to miss work or school?—**Make sure to find out if your workplace has a telework policy and/or sick leave policy as well as your school.**
- [Do I know what to do if I get sick?](#)



Resources for COVID-19 Information

Centers for Disease Prevention and Control have videos on YouTube in American Sign Language for education around COVID-19. They can be found [here](#).

[Enfermedad del coronavirus 2019 \(COVID-19\)](#)

[Kab Mob Khaus Las Nas Vais Lav 2019 \(COVID-19\)](#)

[Cudurka Koronafayras 2019 \(COVID-19\)](#)

[Centers for Disease Prevention and Control documents](#)

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.

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<p>Questions? Call:</p>	<p>MDH public hotlines: Interpreters are available for below</p> <ul style="list-style-type: none">• <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.
<p>Credible information websites</p>	<p><u>Centers for Disease Control and Prevention</u> <u>Minnesota Department of Health</u> <u>Southwest Health & Human Services</u></p>