

# Coronavirus Situational Awareness

June 18, 2020



<b>Situational Update</b>	<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 6/18/2020-</b> Current confirmed cases in Lincoln County: <b>6</b>, Lyon County: <b>250</b> and <b>2 deaths</b>, Murray County: <b>44</b>, Pipestone County: <b>14</b>, Redwood County: <b>12</b>, Rock County: <b>26</b></p>
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<p>Are you sick? 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>

## COVID-19 Cases in Minnesota

**As of June 18, 2020**, there have been **31,675** total positive cases of Coronavirus Disease 2019 in the State of Minnesota. **3,292** of the total positive cases in Minnesota have been from health care workers. There have been **1,344** total deaths within the state due to COVID-19. There have been **3,718** total cases where hospitalization was required. **27,566** cases of patients who have no longer needed to be isolated.



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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</b> (Rock &amp; Pipestone Counties)</p> <ul style="list-style-type: none"><li>• 1-800-642-1525</li></ul> <p><b>Western Mental Health Center</b> (Lincoln, Lyon, Murray &amp; Redwood Counties)</p> <ul style="list-style-type: none"><li>• 1-800-658-2429</li></ul> <p><b>Catholic Charities</b> (Locations in Marshall, Hutchinson, New Ulm and Willmar)</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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## Exposure Risk

Minnesota Department of Health has updated their guidelines regarding possible COVID-19 exposure for close contact to be within 6 feet of an individual who is positive for 15 minutes or more. If someone ends up testing positive, MDH will call to do contact investigation to identify who the person has been in contact with.

COVID-19 still remains highly contagious. If you are experiencing symptoms of COVID-19, please self-isolate yourself immediately and call your healthcare provider to be tested. Everyone in your household should also isolate themselves.

If you need to go out in public, wear a cloth face covering and social distance yourself as much as possible. Wash your hands often with soap and water for at least 20 seconds.

Keep your house clean to stop infections from spreading. Clean and disinfect all frequently touched objects: counters and other surfaces, doorknobs, telephones, remote controls and other frequently touched objects.

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## COVID-19 Preparedness Planning

By June 29<sup>th</sup>, all critical sector and non-critical sector employers need to have a COVID-19 preparedness plan in place. For COVID-19 Preparedness Plan templates, please visit [dli.mn.gov/updates](https://dli.mn.gov/updates). For more questions, visit <https://mn.gov/deed/newscenter/covid/safework/safe-reopening/>

## Phase III Began on June 10<sup>th</sup>

**Social Settings-** Gatherings of 10 or less indoors, 25 or less outdoors  
**Businesses-** Open, Must have COVID-19 Preparedness Plan in place, Telework if possible  
**Retail-** Open to 50% Capacity; must have COVID-19 Preparedness Plan in place  
**Restaurants/Bars/Places of Worship-** Indoors & Outdoors 6 feet of distance, 50% capacity, max of 250 people; COVID-19 Preparedness Plan in Place; Cloth face coverings must be worn  
**Gyms/Events/Entertainment-** 6 feet of social distance; indoors 25% capacity, max 250 people; outdoors 6 feet of distance, max 250; Wear face coverings  
**Outdoor recreation-** 6 feet of social distance between people not in your household; 25 people max in a common area; Wear face coverings

## Testing Locations in Minnesota

If you have symptoms of COVID-19; you were involved in protests, vigils, neighborhood clean-up or large gatherings or you are in a setting where an outbreak is occurring; you **should** be tested. You can find testing locations on the Minnesota Department of Health website at <https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>

### 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.

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	If you are the victim of a crime, including a hate crime, or fear for your safety, call 911 immediately.
<b>Questions? Call:</b>	<b>MDH public hotlines:</b>  Interpreters are available for below <ul style="list-style-type: none"><li>• <u>Minnesota Helpline:</u> 651-297-1304 or 1-800-657-3504 from 8 a.m. to 4:30 pm Monday through Friday</li></ul>
<b>Credible information websites</b>	<a href="#"><u>Centers for Disease Control and Prevention</u></a> <a href="#"><u>Minnesota Department of Health</u></a> <a href="#"><u>Southwest Health &amp; Human Services</u></a>