

# Coronavirus Situational Awareness

June 4, 2020



<p><b>Situational Update</b></p>	<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 6/4/2020-</b> Current confirmed cases in Lincoln County: <b>6</b>, Lyon County: <b>81</b>, Murray County: <b>40</b>, Pipestone County: <b>12</b>, Redwood County: <b>7</b>, Rock County: <b>23</b></p> <p><b>Not all suspect cases of COVID-19 are being tested so this data is not representative of the total number of people who have or had COVID-19. Cumulative Numbers are since January 20, 2020.</b></p> <div style="text-align: center;"> </div>
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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 4, 2020**, there have been **26,273** total positive cases of Coronavirus Disease 2019 in the State of Minnesota. **2,851** of the total positive cases in Minnesota have been from health care workers. There have been **1,115** total deaths within the state due to COVID-19. There have been **3,253** total cases where hospitalization was required. **21,490** 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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## Testing for COVID-19: What are the differences?

	Types of Test	Sample Collection	Detection	What the test tells you	Why it’s helpful
<u>Molecular</u>	<i>Tests genetic material from the virus</i>	<i>Nasal or throat swab collects infected cells</i>	<i>Chemical reactions copy genetic material</i>	<i>If you are infected now</i>	<i>Used to isolate those infected, to decide on care, admission to hospital (as needed), and medication, if indicated</i>
<u>Antibody</u>	<i>Detects antibodies made by immune response to virus</i>	<i>Blood draw collects antibodies</i>	<i>Measures whether these antibodies blind to novel coronavirus</i>	<i>If you were infected in the past</i>	<i>Identifies who may have immunity and whose antibodies could be used to treat COVID-19 patients</i>

## What to do if you're waiting for COVID-19 test results?

If you have been tested for COVID-19 and are awaiting your results, you **must** separate yourself from others by staying home and watch yourself for symptoms such a fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. This is to protect yourself, your family and your community.

### Getting your test results

The clinic/hospital that did your testing will get the results to you. It can take several days for the test results to come back.

### Separate yourself from others

**Stay home.** Do not go to work, school or any other place outside of the home.

**Stay away from other people in your home.** As much as possible, stay in a separate room and use a separate bathroom, if available.

**Wear a facemask** if you need to be around other people and cover your mouth/nose with a tissue when you cough or sneeze. Wash hands thoroughly afterwards.

**Avoid sharing personal household items.** Do not share food, dishes, drinking glasses, eating utensils, towels or bedding with others in your home. After using these items, wash them thoroughly with soap and water. Clean all frequently touched objects in your home daily.

### Monitor your symptoms

If your symptoms get worse, you have difficulty breathing or you need medical care: **contact your health care provider.**

### Notify people you've been in contact with

Think about the people who you have been in close contact with, from two days before you started feeling sick until the time you were tested. If your results are positive, they should continue to stay home and away from others for 14 days from their last contact with you. If your tests results are negative, and they **do not** feel sick, they do not have to keep staying apart from others.

\*\*Above information from Minnesota Department of Health

## Hygiene

While you are traveling and entering businesses, please be extra vigilant with washing your hands, wearing cloth facemasks and respecting the rules and signage posted. Individual businesses have procedures in place to keep patrons and employees safe. Please respect those rules and plans they have implemented.

**Safely support local businesses!**

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## Resources for businesses and organizations

The COVID-19 pandemic has brought challenges for everyone, but especially for our businesses, food sector employers, child care providers and more.

Resources for general guidance as well as specific guidance for the industries that have been heavily impacted by the pandemic can be found on [Minnesota COVID-19 Response](#).

For more guidance on COVID-19 and/or other resources, you can also go to <https://www.health.state.mn.us/diseases/coronavirus/guidance.html>

<b>Discrimination Helpline</b>	<p>COVID-19 does not discriminate based on race, where you come from, your immigration status, or anything else.</p> <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>
<b>Questions? Call:</b>	<p><b>MDH public hotlines:</b></p> <p>Interpreters are available for below</p> <ul style="list-style-type: none"><li>• <u>Health Questions</u>: 651-201-3920 or 1-800-657-3903 from 8 am. To 6 pm Weekdays, Weekends: 8 am to 4 pm</li><li>• <u>Minnesota Helpline</u>: 651-297-1304 or 1-800-657-3504 from 8 a.m. to 5 p.m. on Weekdays and 8 am to 4 pm on Weekends.</li></ul>
<b>Credible information websites</b>	<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>