

# Coronavirus Situational Awareness

May 21, 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 5/21/2020-</b> Current confirmed cases in Lincoln County: <b>4</b>, Lyon County: <b>28</b>, Murray County: <b>33</b>, Pipestone County: <b>10</b>, Redwood County: <b>3</b>, Rock County: <b>20</b></p> <p><b>Not all suspect cases of COVID-19 are being tested.</b></p> <div style="text-align: center;">  </div>			
<p><b>Are you sick?</b> Call <b>FIRST:</b></p>	<p><b>Avera Regional Medical Center</b> in Marshall, Tyler, Granite Falls:</p> <p>1-877-AT AVERA (282-8372)</p>	<p><b>Murray County Medical Center:</b></p> <p>507-836-6111</p>	<p><b>Pipestone County Medical Center:</b></p> <p>507-825-PCMC (7262)</p>	<p><b>Sanford Luverne:</b></p> <p>My Sanford Nurse Hotline (800) 445-5788</p> <p>Sanford Luverne (507) 283-4476</p> <p>Are you a Sanford patient? You can do an e-visit with your My Sanford Chart.</p>
	<p><b>Sanford Tracy:</b></p> <p>My Sanford Nurse Hotline (800) 445-5788</p> <p>Sanford Tracy (507) 629-8300</p> <p>Are you a Sanford patient? You can do an e-visit with My Sanford Chart.</p>	<p><b>Hendricks Community Hospital:</b></p> <p>(507) 275-3134</p>	<p><b>Carris Health</b> in Redwood Falls:</p> <p>507-637-1730</p> <p>CentraCare Connect:</p> <p>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>

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## COVID-19 Cases in Minnesota

As of May 21, 2020, there have been **18,200** total positive cases of Coronavirus Disease 2019 in the State of Minnesota. **2,120** of the total positive cases in Minnesota have been from health care workers. There have been **809** total deaths within the state due to COVID-19. There have been **2,380** total cases where hospitalization was required. **12,488** 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

## Protecting yourself from COVID-19

You can take the same preventative measure that you would to avoid getting colds or flu. These include:

- Wash your hands frequently
- Use hand sanitizer containing at least 60% alcohol
- Do not touch your eyes, nose, and mouth
- Avoid close contact with people who are sick
- Put at least 6 feet between yourself and others (Social distancing)
- Wear a cloth mask over your nose and mouth when in public.



## Stay Safe MN Phased Reopening

- Gatherings of 10 or less per MDH guidelines allowed
- Critical Businesses are open (Must telework if you can)
- Non-critical Businesses (non-customer facing) are open if you have a COVID-19 preparedness plan, must telework if you can
- Retail businesses are open at 50% capacity and must have a COVID-19 preparedness plan
- Restaurants and Bars open for Delivery and Take out only
- Places of Worship, religious services, weddings and funerals with gatherings of 10 or less for indoors and outdoors
- For more information on the phases, please see <https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-plan.jsp>

**We must continue social distancing practices to save lives and stay safe.**

## Congratulations graduates!

This year has been an unexpected year, but the 2020 graduates have stood strong with one another to show that no matter what the situation is, nothing can break you! Thank you to all of you for following the social distancing recommendations and guidelines provided from Minnesota Department of Education and Minnesota Department of Health. Keep up the great work that you all have been doing to slow the spread of COVID-19! We are here for you and we are in this together!

**Congratulations to all of the 2020 graduates, everywhere!**



## 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](#).

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## Stress Management

In times of uncertainty, finding a little bit of gratitude in your life can help to boost your energy level and mood. If you practice meditation, mindful awareness, deep breathing, or exercising, you will start to counteract stress that you may be experiencing.

- By managing stress, you will start to feel better biologically, physically, and mentally!
- You will make better financial decisions and you will be able to help others with less stress.

Take time to enjoy the outdoors, read a book, write down what you are grateful for, laugh, smile and remember to lean on family/friends for support.



### 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><b>Questions? Call:</b></p>	<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>Community Mitigation (schools, child care, business) Questions:</u> 651-297-1304 or 1-800-657-3504 from 8 a.m. to 6 p.m. Weekdays and 8 am to 4 pm on Weekends.</li></ul>
<p><b>Credible information websites</b></p>	<p><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></p>