

# Coronavirus Situational Awareness

May 7, 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>For updated information on case numbers, please see <a href="https://www.health.state.mn.us/diseases/coronavirus/situation.html">https://www.health.state.mn.us/diseases/coronavirus/situation.html</a>. Minnesota Department of Health updates case numbers every day at 11:00 AM on their website.</p> <p><b>As of 5/7/2020-</b> Current confirmed MN cases: <b>9,365</b> Current confirmed cases in Lincoln County: <b>3</b>, Lyon County: <b>15</b>, Murray County: <b>25</b>, Pipestone County: <b>5</b>, Redwood County: <b>3</b>, Rock County: <b>19</b></p> <p><b>Not all suspect cases of COVID-19 are being tested.</b></p>			
<p><b>Are you sick? Call <u>FIRST</u>:</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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## Stay at Home Minnesota

**#StayHomeMN**  
Extended until May 18



**Stay home except for essential needs**  
Wear a mask in public and continue to:



**Mental Health/Substance Abuse Call:**

**If you feel like you want to harm yourself or you 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.

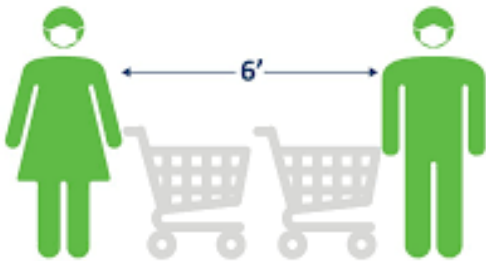


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## Social Distancing yourself



Allow 6 feet of space per person.

Make sure to keep 6 feet of distance between yourself and other people when you are in a store or any other retail setting.

In addition, wearing a cloth mask when you are out in public is a recommendation to protect others from if you are asymptomatic, meaning that you have no symptoms.

## What does self-isolation mean?

If you are ill with COVID-19 symptoms or have been tested or confirmed to have COVID-19, you will be told to **self-isolate**.

- You will **need** to stay at home, except to seek medical care.
- Wash your hands often with soap and water for at least 20 seconds.
- Get rest and stay hydrated
- Cover your cough and sneezes
- Monitor your symptoms carefully
- Separate yourself from others in the home.
- Wear a facemask when around other people.
- Avoid sharing personal household items.
- Clean all high-touch surfaces daily.



**Watch for worsening symptoms** like shortness of breath or difficulty breathing. If you need **emergency medical attention, call 911** and inform dispatch of your symptoms and if you have been tested for COVID-19.

## COVID-19 Cases in Minnesota

Positive COVID-19 cases in the state have increase from 8,579 yesterday to **9,365 cases today**. **1,205 health care workers** have contracted COVID-19 and they are included in the positive case total.

**1,459 Minnesotans have required hospitalization** for COVID-19, with **435 currently hospitalized** and **182 of those in the ICU**.

There are now **5,308 patients who have recovered and no longer require isolation**. The state has experienced **508 COVID-19 related deaths**, with **407** of those deaths being residents of long-term care or assisted living facilities.

The median age for deaths is at **83**.

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## Protect yourself and your community

*The best ways to protect yourself from COVID-19 and from any other illness:*

- Wash your hands often with soap and water for at least 20 seconds
- Stay at home when you are sick
- Cover your cough and sneeze then wash your hands after
- Clean and disinfect frequently touched objects and surfaces
- Cover your mouth and nose with a cloth face cover when you are in areas where social distancing is tough to do, for example going to the grocery store or picking up other necessities
  - The cloth face cover is meant to protect other people in case you are infected and you have no symptoms.
  - Continue to keep 6 feet distance between yourself and others. The cloth face cover is not a substitute for social distancing.
- Avoid close contact with others and if you need to go out, remember to put distance between yourself and other people (At least 6 feet distance)
- When using a cloth face covering, make sure:
  - The mouth and nose are fully covered
  - The covering fits snugly against the sides of the face so there are no gaps
  - You do not have any difficulty breathing while wearing the cloth face covering
  - The cloth face covering can be tied or otherwise secured to prevent slipping
- For more information on cloth face coverings,  
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-coverings-information.pdf>

**Questions?  
Call:**

**MDH public hotlines:**

- Health Questions: 651-201-3920 or 1-800-657-3903 from 7 am. To 7 pm.
- Community Mitigation (schools, child care, business) Questions: 651-297-1304 or 1-800-657-3504 from 8 a.m. to 6 p.m.

**Credible  
information  
websites**

[Centers for Disease Control and Prevention](#)  
[Minnesota Department of Health](#)  
[Southwest Health & Human Services](#)