

# Coronavirus Situational Awareness

April 30, 2020



<p style="text-align: center;"><b>Situational Update</b></p>	<p style="text-align: center;"><b>Southwest Health &amp; Human Services serves the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties.</b></p> <p style="text-align: center;"><b>Stay at Home Order Extended until May 17<sup>th</sup> at 11:59 PM</b></p> <p style="text-align: center;">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 style="text-align: center;"><b>As of 4/30/2020-</b> Current confirmed MN cases: <b>5,136</b> Current confirmed cases in Lincoln County: <b>3</b>, Lyon County: <b>7</b>, Murray County: <b>13</b>, Pipestone County: <b>2</b>, Redwood County: <b>2</b>, Rock County: <b>11</b></p> <p style="text-align: center;"><b>Not all suspect cases of COVID-19 are being tested.</b></p>			
<p style="text-align: center;">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  Are you a Sanford patient? You can do an e-visit with your My Sanford Chart.</p>
	<p><b>Sanford Tracy:</b> My Sanford Nurse Hotline (800) 445-5788  Sanford Tracy (507) 629-8300  Are you a Sanford patient? You can do an e-visit with My Sanford Chart.</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>

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## !!! Stay at Home Order Extended until May 17<sup>th</sup> at 11:59 PM !!!

Please see [https://mn.gov/covid19/assets/EO%202020-48%20Final\\_tcm1148-430504.pdf](https://mn.gov/covid19/assets/EO%202020-48%20Final_tcm1148-430504.pdf) for more information around the Stay at Home Extension.

Masks and face coverings are **STRONGLY** encouraged when anyone leaves their home and travel to any public setting where social distancing measures are difficult to maintain (ex. Grocery stores) and to follow the guidelines on the face coverings provided by [MDH](#) and [CDC](#).

Such facemasks and coverings are for source control—to help limit the person wearing the covering from infecting others if they are not showing symptoms of COVID-19 but are a carrier. They are not yet known to be protective of the wearer and thus not personal protective equipment.

### 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

## Stress and Anxiety with COVID-19

We all deal with stress & anxiety differently, and that is perfectly normal.

However, when it is beyond your “normal,” **do you know when it is time to talk to someone about it?**

**There are resources in our community to help during this time.**

What to look for in yourself and/or others:

- ✓ Change in appetite
- ✓ Change in sleep pattern (not sleeping for days or sleeping too much)
- ✓ Racing thoughts that you can't shut off
- ✓ Using drugs or alcohol to cope with stress
- ✓ Feeling hopeless or having thoughts of suicide

Please reach out to one of the phone numbers above next to Mental Health/Substance Abuse in this document.

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## 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.
- 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.
- Wash your hands often with soap and water for at least 20 seconds.

**Watch for worsening symptoms** like shortness of breath or difficulty breathing. If you need **emergency medical attention, call 911** and inform them of your symptoms.

**Viruses do not discriminate, Neither should we!**

# Viruses don't discriminate.

An illustration of a diverse group of stylized human figures in various shades of green and blue. Some figures have small yellow and orange dots (representing virus particles) near their heads. A white rectangular box with a dark blue border is overlaid on the center of the illustration, containing the text "And neither should we." in dark blue.

**And neither should we.**

Stigma will NOT fight coronavirus.  
Sharing accurate information will.

Learn more at [health.mn.gov](https://health.mn.gov)

If you believe you have been discriminated against because of COVID-19, contact the Minnesota Department of Human Rights by calling 651-539-1133 or 1-800-657-3704.

**m** MINNESOTA

Adapted from Seattle & King County Public Health

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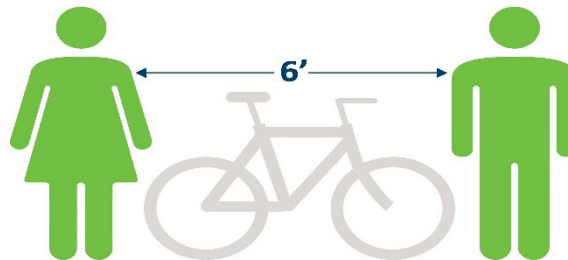


## Protect yourself and your community

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 that 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)

**Stay 6 feet from others.**



**mn** DEPARTMENT OF HEALTH

<p><b>Questions? Call:</b></p>	<p><b>MDH public hotlines:</b></p> <ul style="list-style-type: none"><li>• <u>Health Questions:</u> 651-201-3920 or 1-800-657-3903 from 7 am. to 7 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.</li></ul>
<p><b>Credible information websites</b></p>	<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>