

# Coronavirus Situational Awareness

April 23, 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;">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>. MDH updates case numbers every day at 11:00 AM on their website.</p> <p style="text-align: center;"><b>As of 4/23/2020-</b> Current confirmed MN cases: <b>2,942</b> Current confirmed cases in Lincoln County: <b>2</b>, Lyon County: <b>6</b>, Murray County: <b>4</b>, Pipestone County: <b>2</b>, Redwood County: <b>1</b>, Rock County: <b>5</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;"><b>Are you sick? Call <u>FIRST</u>:</b></p>	<p><b>Avera Regional Medical Center</b> in Marshall, Avera 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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<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>When should you wear a mask?</b></p>	
<p><b>Here are some important things to keep in mind with masks:</b></p> <ul style="list-style-type: none"><li>• Masks or cloth face coverings can help with preventing <b>your</b> germs from infecting others—especially in situations where you may spread the virus without having symptoms.</li><li>• Wearing a mask <b>is not</b> a replacement for other precautions like<ul style="list-style-type: none"><li>○ Washing your hands frequently for at least 20 seconds</li><li>○ Keeping at least 6 feet distance from another person</li><li>○ Staying home when you are sick</li></ul></li><li>• People who are sick should <b><u>stay home</u></b>. If you are sick and need to go to the doctor, call your health care provider first before going in and wear a mask when you have your appointment.</li><li>• <b>Don't buy or wear surgical or N95 masks.</b> These supplies are in <u>high need</u> for health care workers.</li><li>• Cloth face coverings should not be placed on young children under age of 2, anyone who has trouble breathing, or is unconscious or otherwise unable to remove the mask without assistance. <b>Wash your cloth mask after EVERY use in hot water!</b></li><li>• For more information, visit <a href="https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html">cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html</a> or <a href="https://www.health.state.mn.us/diseases/coronavirus/basics.html#mask">https://www.health.state.mn.us/diseases/coronavirus/basics.html#mask</a></li></ul>	
<p>General Guidance for ill person(s)</p>	<p>If you have symptoms of a respiratory disease (these include fever, coughing, shortness of breath, muscle aches, sore throat, and headache), you should stay home for at <b>LEAST 7 days</b>, and for 3 days with no fever and improvement of respiratory symptoms—<b><u>whichever is longer</u></b>. (Your fever should be gone for 3 days without using fever-reducing medication).</p>

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## [Centers for Disease Control and Prevention: Recommendations for Cleaning and Disinfecting your household with Suspected or Confirmed Coronavirus Disease 2019](#)

### Support your local businesses!



- Now more than ever, our small business communities within Lincoln, Lyon, Murray, Pipestone, Redwood and Rock counties **needs our support**. Small businesses are a critical component to the overall health of our community.
- Support the businesses by buying gift cards from them, buying take out from local restaurants, consider small businesses before pressing "purchase" on Amazon and volunteer services if they ask for help.
- We are ALL in this together and by showing your support during this hard time, it let us all of the businesses know that we are all here for each other.

## Vulnerable Members Should Avoid Caring for Children

Adults 65 years and older and people who have serious medical conditions should avoid caring for the children in their households, if possible.



### Separate (Isolate) a Household Member Who is Sick

- Provide a separate bedroom and bathroom for the person who is sick, if possible
- Try to have only one person in the household take care of the sick person
- Maintain 6 feet between the person who is sick and the other family members
- Open windows to circulate fresh air, when possible
- If you are sick, do not help prepare food and do not share utensils

### Limit Errands

- Choose 1 or 2 family members who are not at risk to run essential errands
- If possible, don't ride in a car with members of different households
- Avoid crowds, practice social distancing and wear a cloth face covering
- Wash your hands immediately after you return home

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- Avoid hugging, kissing or sharing food or drinks with those who are at higher risk in your home. Do not share personal household items. **Clean all high touch areas in your home daily.**

### Households living in Close Quarters

- If your household includes one or more vulnerable individuals, then **all family members should act as if they, themselves, are at higher risk as well.**

<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>