

# Coronavirus Situational Awareness

April 17, 2020



**\*\*\*STAY HOME except for essential needs\*\*\***



## Situational Update

Southwest Health & Human Services serves the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties. As of April 17, 2020, Lincoln, Lyon, Murray, Redwood, Pipestone and Rock Counties have had confirmed positive cases of COVID-19. See the press releases that have been distributed on the cases on SWHHS Facebook page and <http://swmhhs.com/coronavirus/>.

For updated information on case numbers, please see <https://www.health.state.mn.us/diseases/coronavirus/situation.html>. MDH updates case numbers every day at 11:00 AM on their website.

**Today-** Current confirmed MN cases: **2,071** Current confirmed cases in Lincoln County: **2**, Lyon County: **5**, Murray County: **2**, Pipestone County: **1** Redwood County: **1**, Rock County: **3**

**Not all suspect cases of COVID-19 are being tested.**

Are you sick?  
Call **FIRST**:

**Avera Regional Medical Center** in Marshall, Avera Tyler, Granite Falls:  
1-877-AT AVERA (282-8372)

**Murray County Medical Center:**  
507-836-6111

**Pipestone County Medical Center:**  
507-825-PCMC (7262)

**Sanford Luverne:**  
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.

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	<p><b>Sanford Tracy:</b> 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> (507) 275-3134</p>	<p><b>Carris Health</b> in Redwood Falls: 507-637-1730</p> <p>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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**If you feel like you want to harm yourself or your know someone who could, Call 9-1-1**

If you are struggling with your mental health:

Mental Health/Substance Abuse Call:

**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

## Community Parades

- \*Only allow one person per vehicle. Set a good example.
- \*Disinfect vehicles before and after use. (door handles, steering wheels, shifter, etc.)
- \*When sending out notifications (Facebook or other social media), encourage social distancing. Give specific recommendations.
  - \*Stay at least 6 feet away from anyone outside of your household.
  - \*Do not linger before or after the event.
  - \*Stay home if you are sick!
  - \*Bring and use hand sanitizer.

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<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 LEAST 7 days, and for 3 days with no fever and improvement of respiratory symptoms—<b>whichever is longer</b>. (Your fever should be gone for 3 days without using fever-reducing medication). <a href="#">Centers for Disease Control and Prevention: Recommendations for Cleaning and Disinfecting your household with Suspected or Confirmed Coronavirus Disease 2019</a></p>
<p>How the Virus Spreads</p>	<ul style="list-style-type: none"> <li>➤ Mainly from person-to-person through respiratory droplets produced when an infected person coughs or sneezes.</li> <li>➤ It is possible that a person can get COVID-19 by touching a surface/object that has the virus on it, followed by touching his/her own mouth, nose or eyes.</li> <li>➤ <b>THINK</b> about all of the items/things that you touch.</li> <li>➤ <b>Practice frequent hand hygiene. Do NOT touch your face.</b></li> </ul>

## Preparing ahead

Have a **2-week** supply of the following items for you and your family.

- Limit your trips to the grocery store
- Get 2 weeks' worth of supplies
- If you are more vulnerable to diseases, see if there is a family member or friend who can shop for you
- Take your credit card, case or check from your wallet/purse. Clean whatever you exposed after shopping.
- Once home, clean what you bought with soap and water. Do not rest things on surfaces that you will touch later and wash your hands after.
- Remember: pens, shopping lists, etc. can get contaminated when you touch food/surfaces and you touch them again. Clean those as well!

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Cleaning your car seat	 <p>Moms and dads looking to clean their children’s car seats should <u>follow the car seat maker’s instructions</u>— such as a mild detergent and water. Harsher cleaning products such as bleach, could damage the car seat, which means it might not protect a child in a crash. <b><u>Don’t forget about your car:</u></b> clean frequently touched surfaces, including the steering wheel, door handles, shift lever, any buttons or touch screens, wiper, arm rests, etc.</p>
Questions? Call:	<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>
Credible information websites	<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>