

Coronavirus Situational Awareness

April 9, 2020



<p>Situational Update</p>	<p>***STAY HOME except for essential needs***</p> <p>Southwest Health & Human Services serves the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties. As of April 9, 2020, Lincoln, Lyon, Murray, Redwood and Pipestone 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/.</p> <p>SWHHS will be doing press releases for the first confirmed case of COVID-19 within each of the 6 counties. 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.</p> <p>Today: Current confirmed MN cases: 1,242 Current confirmed cases in Lincoln County: 2, Lyon County: 5, Murray County: 1, Pipestone County: 1 Redwood County: 1</p> <p>Not all suspect cases of COVID-19 are being tested.</p>
<p>Are you sick? Call FIRST:</p>	<p>Avera Regional Medical Center in Marshall, Avera Tyler, Granite Falls:</p> <ul style="list-style-type: none">• 1-877-AT AVERA (282-8372) <p>Murray County Medical Center in Slayton: 507-836-6111</p> <p>Pipestone County Medical Center in Pipestone: 507-825-PCMC (7262)</p> <p>Carris Health in Redwood Falls: 507-637-1730, Monday – Friday, 8:00 AM to 5:00 PM</p> <ul style="list-style-type: none">• CentraCare Connect – 320-200-3200, 24/7 to speak with a nurse <p>Sanford Luverne: My Sanford Nurse Hotline (800) 445-5788</p> <ul style="list-style-type: none">• Sanford Luverne (507) 283-4476• Are you a Sanford patient? You can do an e-visit with your My Sanford Chart. <p>Sanford Tracy: My Sanford Nurse Hotline (800) 445-5788</p> <ul style="list-style-type: none">• Sanford Tracy (507) 629-8300• Are you a Sanford patient? You can do an e-visit with My Sanford Chart. <p>Hendricks Community Hospital: (507) 275-3134</p> <p>For any other hospitals/clinics other than the ones mentioned, please call your health care provider to get information regarding COVID-19.</p>

What about Masks?

Maintaining 6-feet social distancing remains **MOST** important step to slowing the spread of the virus.

Per CDC guidance, the use of a simple cloth face covering to slow the spread of the virus and help people who may have the virus and do not know it (asymptomatic) from transmitting it to others can be used as an additional, voluntary public health measure. Cloth face coverings recommended are **not** surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders.

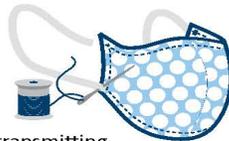


The Difference Between Alternative Masks and Surgical Masks for COVID-19

What is it?

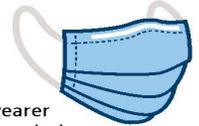
Alternative Masks

- Non-FDA-regulated masks, including homemade masks.
- May reduce the likelihood of transmitting the virus by the wearer, but they are not proven to protect health care staff or patients.



Surgical Masks

- FDA-regulated masks that are fluid resistant and provide the wearer protection against large droplets, splashes, or sprays of bodily or other hazardous fluids.



Who wears it?

- Asymptomatic people.

- Health care staff during the evaluation of and care for suspected or confirmed COVID-19 patients.

How it works

- **Protects other people** by reducing the amount of respiratory droplets expelled by a person who may be infected but not showing signs of illness.

- Protects the wearer by creating a barrier to the virus or body fluid that may contain the virus.

Limitations

- Not regulated and do not protect the wearer.
- Not to be used by people who are sick.
- Breathing into a facemask builds up moisture, which can be uncomfortable to wear.
- Need to be regularly washed and sanitized.
- Avoid touching the mask while wearing it; if you do touch it, wash hands thoroughly.

- Due to high demand, supply may be limited.
- Avoid touching the mask while wearing it; if you do touch it, wash hands thoroughly.
- Do not wash the mask.
- Reuse of facemasks may be limited by the type of fastening (e.g., elastic ear hooks may be more robust than ties that are more liable to tearing).
- Discard when it becomes damaged or deformed; becomes wet or visibly dirty; breathing becomes difficult; or if it becomes contaminated with blood, respiratory or nasal secretions, or other bodily fluids.

Disposal

- During disposal, avoid touching the mask and wash hands thoroughly afterward.

- Should be donned and doffed appropriately.
- During disposal, avoid touching the mask and wash hands thoroughly afterward.

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<p>Stay at Home Executive Order</p>	<ul style="list-style-type: none"> ● Stay at home Executive Order starting March 27th at 11:59 PM <u>NOW</u> until May 4th.
<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—<u>whichever is longer</u>. (Your fever should be gone for 3 days without using fever-reducing medication). Centers for Disease Control and Prevention:</p>

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	<p><u>Recommendations for Cleaning and Disinfecting your household with Suspected or Confirmed Coronavirus Disease 2019</u></p>
<p>How the Virus Spreads</p>	<ul style="list-style-type: none"> ➤ Mainly from person-to-person through respiratory droplets produced when an infected person coughs or sneezes. ➤ 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. ➤ THINK about all of the items/things that you touch. ➤ Practice frequent hand hygiene. Do NOT touch your face.
<p>Mental Health/Substance Abuse Call:</p>	<p>If you feel like you want to harm yourself or your know someone who could, Call 9-1-1</p> <p>If you are struggling with your mental health:</p>  <p>Crisis Hotlines 24 Hours a day, 7 Days a week</p> <p>Southwestern Mental Health (Rock & Pipestone Counties)</p> <ul style="list-style-type: none"> • 1-800-642-1525 <p>Western Mental Health Center (Lincoln, Lyon, Murray & Redwood Counties)</p> <ul style="list-style-type: none"> • 1-800-658-2429 <p>Catholic Charities (Locations in Marshall, Hutchinson, New Ulm and Willmar)</p> <ul style="list-style-type: none"> • 1-866-670-5163
<p>Questions? Call:</p>	<p>MDH public hotlines:</p> <ul style="list-style-type: none"> • <u>Health Questions</u>: 651-201-3920 or 1-800-657-3903 from 7 am. to 7 pm. • <u>Community Mitigation (schools, child care, business) Questions</u>: 651-297-1304 or 1-800-657-3504 from 7 a.m. to 7 p.m.
<p>Credible information websites</p>	<p style="text-align: center;"> <u>Minnesota Department of Health</u> <u>Centers for Disease Control and Prevention</u> <u>Southwest Health & Human Services</u> </p>