


















# Coronavirus Situational Awareness

April 2, 2020



**SOUTHWEST**  
HEALTH & HUMAN  
SERVICES

<p>Situational Update</p>	<p><b>***STAY HOME except for essential needs (groceries, health and safety, outdoor activities and critical sector workers)***</b></p> <p>Southwest Health &amp; Human Services covers the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties. As of April 2, 2020, Lincoln County and Lyon County have had confirmed positive cases of COVID-19. See the two press releases that have been distributed on the cases on SWHHS Facebook page and <a href="http://swmhhs.com/coronavirus/">http://swmhhs.com/coronavirus/</a>.</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 <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>Self-Care: Physical and Mental Health</p>	<div style="display: flex; justify-content: space-between;">  <span>Updated 3/23/2020</span> </div> <h3 style="background-color: #004a7c; color: white; padding: 5px; text-align: center;">TIPS TO REDUCE COVID-19 ANXIETY</h3> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <ul style="list-style-type: none"> <li> Focus on what you can control – including your thoughts, behaviors.</li> <li> Remember that you are resilient, and so is humankind. We will get through this.</li> <li> Do what you can to reduce your risk; take comfort that you are caring for yourself and others.</li> <li> Use technology to connect with others frequently.</li> <li> Look for the good stuff: the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.</li> <li> Limit exposure to news or social media updates.</li> <li> Use reputable sources of news, avoid speculation and rumors.</li> <li> Model peaceful behavior for those around you. Remember everyone experience stress differently.</li> </ul> </div> <div style="width: 45%;"> <ul style="list-style-type: none"> <li> Don't let fear influence your decisions, such as hoarding supplies.</li> <li> Be gentle with yourself and others.</li> <li> Create a regular routine, especially for children and work from home.</li> <li> Maintain a healthy diet and exercise routines to help your immune system and mental health.</li> <li> Spend time in nature while adhering to social distancing guidelines.</li> <li> Reflect on your reactions. Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.</li> <li> Practice meditation, yoga, or other mind-body techniques. Find apps or online videos to help.</li> <li> Reach out if you need to talk. There are local and national hotlines and warmlines that can help!</li> </ul> </div> </div> <p style="font-size: small; text-align: center;">Minnesota Department of Health   <a href="mailto:Health.epr@state.mn.us">Health.epr@state.mn.us</a>   <a href="http://www.health.state.mn.us/communities/ep/behavioral/index.html">www.health.state.mn.us/communities/ep/behavioral/index.html</a></p>
<p>Public Health Suggestion</p>	<p>As community members in our counties, we need to be aware that we are possible carriers of Coronavirus Disease 2019. Because of the limited testing capacity, it is possible communities have COVID-19 and we need to act accordingly by following the recommendations below.</p>
<p>Southwest Health &amp; Human Services' <b>Strong</b> Recommendations</p>	<ul style="list-style-type: none"> <li>• <b>Stay at home Executive Order starting March 27<sup>th</sup> at 11:59PM UNTIL April 10<sup>th</sup> at 5:00 PM. If you HAVE to leave your home, maintain a <u>6-foot minimum physical distance, including friends and neighbors.</u></b></li> </ul>

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	<ul style="list-style-type: none"><li>• <b>Please! STAY HOME</b> if you are sick.</li><li>• IF you have respiratory disease symptoms such as: fever (100.4 or above), coughing, shortness of breath; you should <u>stay home and isolate yourself</u> for at least 7 days and for 3 days with no fever and improvement of the respiratory symptoms, <b>whichever is longer</b>. Your fever should be gone for 3 days without fever-reducing medication. Some patients have had additional symptoms including muscle aches, headache, sore throat or diarrhea.</li><li>• At this time, not everyone with respiratory symptoms <b>will</b> be tested.</li><li>• <b>Call your health care provider before you go in</b> if your symptoms worsen.</li><li>• If someone in your household has tested positive for Coronavirus Disease 2019, keep the <b>ENTIRE</b> household at home<ul style="list-style-type: none"><li>○ Household members should stay home for 14 days as well.</li><li>○ Separate the infected individual from others in the home. Use separate bathrooms, if available</li><li>○ Avoid sharing personal household items such as dishes, drinking glasses, cups, etc.</li><li>○ Clean all frequently touched surfaces in your home daily such as doorknobs and light switches, etc.</li></ul></li><li>• Put distance between yourself and others (within 6 feet for 10 minutes or more)</li></ul>
<p>Are you sick? Call:</p>	<p><b>Avera Regional Medical Center</b> in Marshall, Avera Tyler, Granite Falls:</p> <ul style="list-style-type: none"><li>• 1-877-AT AVERA (282-8372)</li></ul> <p><b>Murray County Medical Center</b> in Slayton: 507-836-6111</p> <p><b>Pipestone County Medical Center</b> in Pipestone: 507-825-PCMC (7262)</p> <p><b>Carris Health</b> in Redwood Falls: 507-637-1730, Monday – Friday, 8:00 AM to 5:00 PM</p> <ul style="list-style-type: none"><li>• CentraCare Connect – 320-200-3200, 24/7 to speak with a nurse</li></ul> <p><b>Sanford Luverne:</b> My Sanford Nurse Hotline (800) 445-5788</p> <ul style="list-style-type: none"><li>• Sanford Luverne (507) 283-4476</li><li>• Are you a Sanford patient? You can do an e-visit with your My Sanford Chart.</li></ul> <p><b>Sanford Tracy:</b> My Sanford Nurse Hotline (800) 445-5788</p> <ul style="list-style-type: none"><li>• Sanford Tracy (507) 629-8300</li><li>• Are you a Sanford patient? You can do an e-visit with My Sanford Chart.</li></ul>

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	<p><b>Hendricks Community Hospital:</b> (507) 275-3134</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>
<p>Mental Health/Substance Abuse Call:</p>	<p><b>If you feel like you want to harm yourself or your know someone who could, Call 9-1-1</b></p> <p>If you are struggling with your mental health:</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>Questions? Call:</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 7 a.m. to 7 p.m.</li></ul>
<p>Credible information sites</p>	<p><a href="#">Minnesota Department of Health</a> <a href="#">Centers for Disease Control and Prevention</a> <a href="#">Southwest Health &amp; Human Services</a></p>