

Coronavirus Situational Awareness

March 26, 2020



<p>Situational Update</p>	<p style="text-align: center;">COVID-19 is a serious threat!</p> <p style="text-align: center;">***Stay at Home Executive Order will begin on March 27th, tomorrow, at 11:59 PM. If you HAVE to leave your home, Maintain a <u>6-foot minimum physical distance for no more than 10 minutes, including friends and neighbors</u>***</p> <p style="text-align: center;">THANK YOU to everyone for following these recommendations.</p>
<p>Stay at Home Executive Order 20-20</p>	<p>On March 25th, Governor Walz announced that Minnesota will be taking increased steps to reduce the spread of COVID-19. Beginning March 27th 2020 at 11:59 PM until Friday April, 10th at 5:00 PM, ALL persons currently living within the State of Minnesota are ordered to stay at their home or in their place of residence except to engage in activities (https://mn.gov/governor/assets/EO%2020-20%20FINAL_tcm1055-424864.pdf Governor’s Executive Orders can also be found on http://swmhhs.com/coronavirus/) and critical sector working for essential workers (Definitions of who are Essential workers can be found in the Governor’s Executive Order).</p> <p style="text-align: center;">All workers who can work from home must do so.</p>
<p>Self-Care: Physical and Mental Health</p>	<p>During times of uncertainty, fear and anxiety can be overwhelming and can cause many strong emotions. Stress can be reduced when we are able to connect with supportive friends and loved ones via phone calls/Skype/FaceTime. Continue to reach out to one another while keeping the 6-foot physical distance or using the options above.</p> <p style="text-align: center;">We can all help to support one another!</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.</p>
<p>Southwest Health & Human Services’ Strong Recommendations</p>	<ul style="list-style-type: none"> • Stay at home Executive Order starting March 27th at 11:59PM UNTIL April 10th at 5:00 PM. If you HAVE to leave your home, maintain a <u>6-foot minimum physical distance for no more than 10 minutes, including friends and neighbors.</u> • Please! STAY HOME if you are sick.

Coronavirus Situational Awareness

March 26, 2020




	<ul style="list-style-type: none"> • 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, whichever is longer. 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. • At this time, not everyone with respiratory symptoms will be tested. • Call your health care provider before you go in if your symptoms worsen. • If someone in your household has tested positive for Coronavirus Disease 2019, keep the ENTIRE household at home <ul style="list-style-type: none"> ○ Household members should stay home for 14 days as well. ○ Separate the infected individual from others in the home. Use separate bathrooms, if available ○ Avoid sharing personal household items such as dishes, drinking glasses, cups, etc. ○ Clean all frequently touched surfaces in your home daily such as doorknobs and light switches, etc. • Put distance between yourself and others (within 6 feet for 10 minutes or more)
<p>Are you sick? Call:</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.

Coronavirus Situational Awareness

March 26, 2020



	<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>
<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>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 sites</p>	<p>Minnesota Department of Health Centers for Disease Control and Prevention Southwest Health & Human Services</p>