

# Coronavirus Situational Awareness

March 19, 2020



Situational Update	<p>The situation is changing day by day and often it is changing hour by hour.</p> <p><b>Now is the time to begin</b> implementation of community mitigation and social distancing steps within your community/agency/household. The situation and/or recommendations can and may change quite often and we will do our best to give updates as they come to us.</p>
What does Community Mitigation mean?	<p>Community mitigation steps include decisions that affect <b>ALL</b> people in our communities, not just those who are sick. Community mitigation includes actions to slow the transmission and spread of disease to protect those people that are most vulnerable. Current information indicates those who are most vulnerable for severe COVID-19 illness are those who are older adults and all individuals with underlying medical conditions such as: blood disorders, chronic kidney disease, chronic liver disease, compromised immune system (immunosuppression), current or recent pregnancy, endocrine disorders, metabolic disorders, heart disease, lung disease, neurological and neurologic and neurodevelopment conditions, etc.</p>
What is Social Distancing?	<p>Social Distancing includes actions used to stop or slow down the spread of a contagious disease. It includes putting distance between yourself and others (within 6 feet for 10 minutes or more, avoiding social gatherings in groups of more than 10 people, avoiding ANY non-essential travel, shopping trips and social visits, closing buildings and canceling events.</p>
Public Health Suggestion	<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>

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<p>Flattening the Curve</p>	<p>Number of daily cases</p> <p>Without protective measures</p> <p>Health care system capacity</p> <p>With protective measures</p> <p>Days since first case</p> <p>It is helpful to be reminded of the nature of exponential growth. If during an outbreak the number of cases is in fact doubling and the doubling time stays constant, then the outbreak is spreading exponentially. Southwest Health &amp; Human Services is trying to “flatten the curve” by not letting this virus quickly rampage through the population, the idea is to spread all those infections out over a longer period of time to not overwhelm our health care system.</p>
<p>Southwest Health &amp; Human Services’ <b>Strong</b> Recommendations</p>	<ul style="list-style-type: none"><li>• STAY HOME if you are sick. Call your health care provider <b>before</b> you go in</li><li>• IF you have any respiratory disease symptoms such as: fever, coughing, muscle aches, sore throat and headache; you should stay home and isolate yourself 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</li><li>• At this time, everyone with respiratory symptoms may not be able to be tested</li><li>• If someone in your household has tested positive for Coronavirus Disease 2019, keep the ENTIRE household at home</li><li>• Put distance between yourself and others (within 6 feet for 10 minutes or more)</li><li>• Avoid social gatherings in groups of more than 10 people</li><li>• Avoid <b>ANY</b> non-essential travel, shopping trips and social visits.</li></ul>

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<p>Are you sick? Call</p>	<p>Avera Regional Medical Center in Marshall, Avera Tyler, Granite Falls: 1-877-AT AVERA (282-8372) Murray County Medical Center in Slayton: 507-836-6111 Pipestone County Medical Center in Pipestone: 507-825-PCMC (7262) Carris Health 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>Sanford Luverne: 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>Sanford Tracy: 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> <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>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><b>Credible</b> 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>