

# Coronavirus Situational Awareness

November 10, 2020



<b>Situational Update</b>	<b>Southwest Health &amp; Human Services serves the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties.</b>						
	<b>As of 11/10/2020- Current confirmed cases of COVID-19</b>						
		<b>Lincoln County</b>	<b>Lyon County</b>	<b>Murray County</b>	<b>Pipestone County</b>	<b>Redwood County</b>	<b>Rock County</b>
	Current Case #	234	1,322	362	366	299	450
Additional Cases since 10/29	+ 41	+292	+65	+97	+118	+183	
Deaths	1	6	3	17	12	9	

<b>Are you sick?</b> <b>Call <u>FIRST</u>: New testing locations available!</b>	<b>Testing Site Locations:</b> Please visit <a href="https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp">https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp</a> for all of the testing locations in Minnesota.
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## COVID-19 Cases in Minnesota

**As of November 10, 2020**, there have been **189,681** total positive cases (cumulative) of Coronavirus Disease 2019 in the State of Minnesota. **16,431** of the total positive cases in Minnesota have been from health care workers. There have been **2,698** total deaths within the state due to COVID-19. There have been **11,933** total cases where hospitalization was required. **153,347** cases of patients who have no longer needed to be isolated.

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<p><b>Mental Health/Substance Abuse-Call:</b></p>	<p><b>If you feel like you want to harm yourself or you know someone who could, <b>Call 9-1-1</b></b></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><b>Minnesota Farm &amp; Rural Helpline</b></p> <ul style="list-style-type: none"><li>• 833-600-2670 (press 1)</li><li>• minnesotafarmstress.com</li><li>• Free, confidential, available 24/7. If you or someone you know is struggling with stress, anxiety, depression, or suicidal thoughts – call. Sometimes it is easier to talk to somebody you don't know. Translators available.</li></ul> <p><b>Greater Minnesota Family Services</b></p> <ul style="list-style-type: none"><li>• Counseling and Therapy services to support whole family mental health</li><li>• 320-214-9692 ext. 4167</li></ul>
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## Community Testing

**1) Tyler Community Testing Results:** Held on October 27<sup>th</sup>, 152 tests were performed. Results were 9 positive. 5.92% positivity rate.

**2) Pipestone Community Testing Results:** Held on Thursday November 4<sup>th</sup> and Friday November 5<sup>th</sup>, There were 268 tests administered between the two days. Results were 40 positive. 14.93% positivity rate.

### **For more information on community testing locations:**

[COVID-19 Community Testing](#)

Free testing locations offered by the Minnesota Department of Health (MDH), in partnership with communities.

[Kev Kuaj Kab Mob COVID-19 Hauv Zej Zog \(Hmong\)](#)

[Ka-tijaabinta Jaaliyadda ee COVID-19 \(Somali\)](#)

[Pruebas de COVID-19 en la Comunidad \(Spanish\)](#)

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## **At-home Saliva Testing:**

Free Saliva testing offered for 23 counties in Minnesota including Rock and Lyon Counties.

For more information, visit:

<https://www.health.state.mn.us/diseases/coronavirus/testsites/athome.html>

## **COVID-19 At-home Saliva Test Order Form**

If you believe you've encountered an error with the address verification form, please contact [TestAtHome.MDH@state.mn.us](mailto:TestAtHome.MDH@state.mn.us).

## **Stay Safe Plan Updates**

**Beginning on November 13<sup>th</sup> at 10:00 PM:**

### **Social Settings**

10-person limit for indoor AND outdoor gatherings.

All social gatherings are limited to members of **only three households** or less, including the host.

### **Restaurants and Bars**

**Bar counter service closed:** No seating or service at the bar/counter, unless establishment is counter service only. For counter service only establishments, patrons may line up with mask and social distance for service and then return to seat.

**Indoor capacity: 150 person limit. May not exceed 50% of total capacity.** All patrons must be seated at tables.

Bar games that require standing are not permitted.

Dine in service closed between 10pm-4pm. May remain open for takeout and delivery.

### **Places of Worship, religious services, weddings and funerals**

**Events end by 10 p.m.**

The events may not take place between 10:00 p.m. and 4:00 a.m.

**Changes begin November 27 and December 11:**

Attendance limits-

**November 27:** 50 person limit

**December 11:** 25 person limit

No change to services held in a place of worship.



## Isolation & Quarantine: What's the difference?

**COVID-19**



# Isolation AND Quarantine

### What's the difference?

Isolation	Quarantine
<p>Separates sick people from people who are not sick</p>  <p>People in isolation need to stay home and separate themselves from others in the home as much as possible</p>	<p>Separates people who were in close contact with a person with COVID-19 from others</p>  <p>People in quarantine should stay home, limit their contact with other people, and monitor for COVID-19 symptoms</p>

### When can I return to normal activities?

<h4>I was sick with COVID-19</h4> <p>It is safe to discontinue home isolation when:</p> <ul style="list-style-type: none"><li>*At least <b>10 days</b> have passed since your symptoms appeared</li><li><b>AND</b></li><li>*You haven't had a fever for 24 hours</li><li><b>AND</b></li><li>*Your symptoms have improved</li></ul>  <ul style="list-style-type: none"><li>*Seek medical attention if you are unable to manage your symptoms!</li></ul> <h4>I was diagnosed with COVID-19, but never became sick</h4> <p>It is safe to discontinue home isolation when:</p> <ul style="list-style-type: none"><li>*At least <b>10 days</b> have passed since your positive diagnostic test</li></ul> <p>For more information: Visit Minnesota Department of Health at: <a href="https://www.health.state.mn.us/diseases/coronavirus/index.html">https://www.health.state.mn.us/diseases/coronavirus/index.html</a></p>	<h4>The person I was in contact with lives outside my home</h4> <p>It is safe to discontinue quarantine when:</p> <ul style="list-style-type: none"><li>*At least <b>14 days</b> have passed since your last contact with the person with COVID-19</li><li><b>AND</b></li><li>*You remain healthy</li></ul> <h4>The person I was in contact with lives with me</h4> <p>If you are <b>able</b> to separate completely from the person with COVID-19, it is safe to discontinue quarantine when:</p> <ul style="list-style-type: none"><li>*At least <b>14 days</b> have passed since your last contact with the person with COVID-19</li><li><b>AND</b></li><li>*You remain healthy</li></ul> <p>If you are <b>unable</b> to separate completely, it is safe to discontinue quarantine when:</p> <ul style="list-style-type: none"><li>*At least <b>14 days</b> have passed since the person with COVID-19 was allowed to end home isolation <b>AND</b></li><li>*You remain healthy</li></ul>
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## Thanksgiving Safety Tips during COVID-19

# Tips for Celebrating Safely This Thanksgiving

### SAFE

#### CELEBRATE AT HOME



Prepare traditional dishes with those in your household

Host a virtual dinner and share recipes with family and friends



Put up your favorite decorations and share photos online

Watch parades, sporting events, and movies at home



Shop online instead of in stores

### LESS SAFE

#### IF YOU GATHER, DO SO WISELY

Keep it small and stay local



Stay outside if possible and ensure proper ventilation if indoors

Wear masks and social distance



Wash or sanitize your hands regularly, especially before eating

Avoid contact with non-attendees for 14 days before and after your gathering



### UNSAFE

#### AVOID...



Large gatherings, especially indoors



Potlucks, buffets, or other shared food



Places with crowds, such as stores, parades, running events, and sports

Contact with anyone who is sick or may have been exposed to COVID-19



These tips were developed from guidelines from the Centers for Disease Control and Prevention (CDC).

For more information, visit the Minnesota Department of Health at <https://www.health.state.mn.us/diseases/coronavirus/holidays.html#up>

If you are sick or have been in contact with someone who is sick or has COVID-19 symptoms, you should stay at home and away from others.

## Veterans Day on November 11th

A day to honor our friends and family that have raised their right hand and chosen to serve our country. We are forever grateful. With honor, thanks and appreciation to all of our veterans, thank you for your service.



## Minnesota Department of Health Resources

- [COVID-19](#)
- [Masks and face coverings](#)
- [What to do if you have COVID-19](#)
- [What to do if you're waiting for COVID-19 test results](#)
- [What to do if you have had close contact with a person with COVID-19](#)
- [Caring for Someone Sick at Home](#)
- [Help slow the spread](#)
- [Health Screening for Building Entrances](#)
- [Handling a Suspected or Confirmed Positive Case of COVID-19: Information for Schools](#)
- [2020-2021 Planning Guide for Schools: Health Considerations for Navigating COVID-19 \(PDF\)](#)
- For more resources, see:  
<https://www.health.state.mn.us/diseases/coronavirus/materials/index.html#sm1>

### Discrimination Helpline

COVID-19 **does not** discriminate based on race, where you come from, your immigration status, or anything else.

If you have experienced or witnessed an incident of discrimination or bias call Minnesota's Discrimination Helpline at:

- 1-833-454-0148 from Monday through Friday, 8:00 am to 4:30 pm. Interpreters are available. Or submit this [online form](#).

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	<p>The helpline is staffed by investigators from the Minnesota Department of Human Rights.</p> <p>If you are the victim of a crime, including a hate crime, or fear for your safety, call 911 immediately.</p>
<p><b>Questions? Call:</b></p>	<p><b>MDH public hotlines:</b> Interpreters are available for below</p> <ul style="list-style-type: none"><li>• <u>Minnesota Helpline:</u> 651-297-1304 or 1-800-657-3504 from 9 a.m. to 4 pm Monday through Friday. The COVID-19 Public Hotline will no longer be operating during weekends.</li></ul>
<p><b>Credible information websites</b></p>	<p><a href="#"><u>Centers for Disease Control and Prevention</u></a> <a href="#"><u>State of Minnesota COVID-19 Response</u></a> <a href="#"><u>Stay Safe Minnesota</u></a> <a href="#"><u>Minnesota Department of Health</u></a> <a href="#"><u>Southwest Health &amp; Human Services</u></a></p>