

Coronavirus Situational Awareness

December 11, 2020



Situational Update	Southwest Health & Human Services serves the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties.						
	As of 12/10/2020- Current confirmed cases of COVID-19						
		Lincoln County	Lyon County	Murray County	Pipestone County	Redwood County	Rock County
	Current Case #	420	2,569	682	818	1,169	934
Additional Cases since 11/10	+ 186	+1,247	+320	+452	+870	+484	
Deaths	1	20	5	18	21	11	

<p style="color: #4F81BD;">Are you sick?</p> <p style="color: red; font-weight: bold;">Call FIRST: New testing locations available!</p>	<p>Testing Site Locations:</p> <p>Please visit https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp for all of the testing locations in Minnesota.</p>
--	--

COVID-19 Vaccine Update

No COVID-19 vaccine has officially been approved yet, but we are anticipating that the FDA will approve two COVID-19 vaccines for use in December. We are ready for the vaccine when it becomes available and we will begin vaccinating as soon as guidance and training are complete for providers.

The COVID-19 vaccine development process has been made more efficient in several ways, but safety and effectiveness have always been key priorities. All of the key safety steps were taken and will continue to be taken.

CDC's Advisory Committee on Immunization Practices (ACIP) made recommendations for priority groups who should receive early limited doses. For phase 1a, the first phase, the vaccine will be given to people working in health care settings and people who live in long-term care facilities. For more details, see [Minnesota Guidance for Allocating and Prioritizing COVID-19 Vaccine – Phase 1a \(PDF\)](#). Since phase 1a is based on employment and place of residence, people eligible for this category will be contacted by their employer or the facility where they live to let them know when vaccine is available to them.

MDH doesn't have final decisions on the rest of the phases yet, but other groups that may get some of the early doses include first responders, essential workers, adults with high-risk medical conditions, and older adults 65+ years of age.

Coronavirus Situational Awareness

December 11, 2020



Ultimately, all Minnesotans will have an opportunity to be vaccinated. It is not required or mandated, but it is highly encouraged. By stopping the spread of COVID-19, we can keep businesses, schools, and other venues open. Stopping the spread of COVID-19 gets us closer to the end of the pandemic.

There should be hope for better days to come, but it will take months before we have reached a point when we can stop doing the things we have been doing all year to slow the spread. In the meantime, we will need to be patient a while longer and continue to wear masks, stay 6 feet from others, wash our hands often, and stay home if sick.

Visit [COVID-19 Vaccine](#) for more information.

Mental Health/Substance Abuse-Call:

If you feel like you want to harm yourself or your know someone who could, Call 9-1-1

Crisis Hotlines 24 Hours a day, 7 Days a week

Southwestern Mental Health (Rock & Pipestone Counties)

- 1-800-642-1525

Western Mental Health Center (Lincoln, Lyon, Murray & Redwood Counties)

- 1-800-658-2429

Catholic Charities (Locations in Marshall, Hutchinson, New Ulm and Willmar)

- 1-866-670-5163

Minnesota Farm & Rural Helpline

- 833-600-2670 (press 1)
- minnesotafarmstress.com
- 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.

Greater Minnesota Family Services

- Counseling and Therapy services to support whole family mental health
- 320-214-9692 ext. 4167

Saliva Testing Site in Worthington

No barrier-testing

Testing will be located at the Worthington Event Center, located at 1477 Prairie Drive. It will be open Mondays, Thursdays, and Fridays from noon to 7 p.m., and Saturdays and Sundays from 10 a.m. to 4 p.m. Appointments are highly recommended and can be made through the [Vault Health registration site](#), although walk-ins are always welcome.

Coronavirus Situational Awareness

December 11, 2020



Testing is available to anyone who believes they need a COVID-19 test, with or without insurance. Participants will be asked for their health insurance information so the state can bill their insurance company on their behalf. If a person is uninsured or for any reason insurance does not cover some or all of the cost, the state will cover the difference, so testing remains available at no cost to everyone. State guidance on who should get tested was recently updated and can be found on the Minnesota COVID-19 Response webpage, [Who should get tested?](#).

Results are typically available within 24 to 48 hours.

The saliva test has the same effectiveness rate as the traditional nasal swab and is less invasive. Those who come for a test should avoid eating, drinking, chewing, or smoking anything for at least 30 minutes before providing a sample. Once they arrive at the site, they will self-administer the test by spitting into a funnel attached to a small tube. Clinic staff will be available on-site to monitor the collection process and ensure there is enough saliva to be tested.

For more information about the saliva testing site in Worthington and to view all community testing sites across the state, please visit: [COVID-19 Community Testing Sites](#).

You can still order an at-home saliva testing kit below:

[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.

Quarantine Guidelines Updated

You should stay away from others for 14 days if:

- Someone in your home has COVID-19.
- You live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.

Coronavirus Situational Awareness

December 11, 2020



14-Day Quarantine - the safest option.



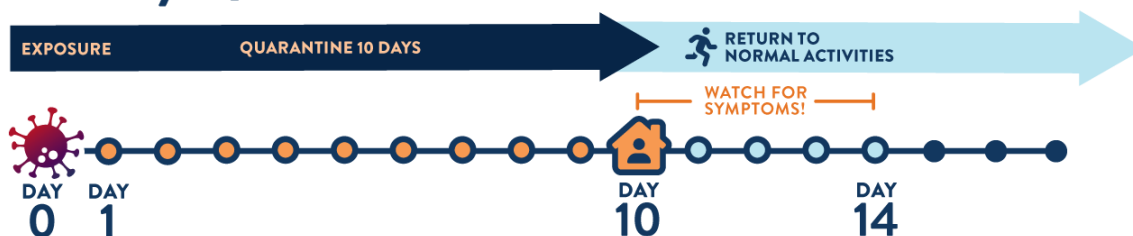
You may consider being around others after 10 days if:

- You do not have any symptoms.
- You have not had a positive test for COVID-19.
- No one in your home has COVID-19, and you do not live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.

Even after 10 days you must still:

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested right away.
- Continue to wear a mask and stay at least 6 feet away from other people.

10-Day Quarantine



You may consider being around others after seven days only if:

- You get tested for COVID-19 at least five full days after you had close contact with someone with COVID-19, and the test is negative.
- You do not have any symptoms.
- You have not had a positive test for COVID-19.

Coronavirus Situational Awareness

December 11, 2020



- No one in your home has COVID-19, and you do not live in a building with other people, where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility.

Even after seven days you must still:

- Watch for symptoms through day 14. If you have any symptoms, stay home, separate yourself from others, and get tested right away.
- Continue to wear a mask and stay at least 6 feet away from other people.

7-Day Quarantine - requires a negative COVID-19 test.



You cannot end your quarantine before seven days for any reason.

More information about these updated recommendations is available at:

- [Quarantine Guidance for People who are Contacts of a COVID-19 Case \(PDF\)](#)
Detailed version on who needs to quarantine, how to quarantine, and how long to quarantine.
12/7/20
- [CDC: When to Quarantine](#)

National Influenza Vaccination Week

December 6th through the 12th is National Influenza Vaccination Week. There is still time to get your flu vaccine. It doesn't protect against COVID-19, but it can save lives and prevent more illness during this pandemic.

Band together against the flu!

FIND A FLU SHOT NEAR YOU

Coronavirus Situational Awareness

December 11, 2020



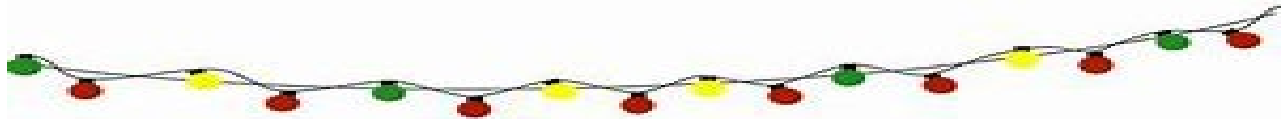
Safer Holidays

Anytime you get together with people who do not live with you, even in someone's home, the risk of getting COVID-19 goes up for everyone. Holiday gatherings may encourage older people and those with underlying health problems to attend rather than be left out, even though they are most likely to get very sick from COVID-19 and should stay safe at home.

If you must be around other people you do not live with, remember to:

- Stay at least 6 feet away from others.
- Wear a mask at all times when not eating or drinking.
- Cover coughs and sneezes, and wash or clean your hands often.

If you may have COVID-19 or if you may have been in contact with a person with COVID-19, stay home.



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](#).

Coronavirus Situational Awareness

December 11, 2020



	<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>Questions? Call:</p>	<p>MDH public hotlines: Interpreters are available for below</p> <ul style="list-style-type: none">• <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.
<p>Credible information websites</p>	<p><u>Centers for Disease Control and Prevention</u> <u>State of Minnesota COVID-19 Response</u> <u>Stay Safe Minnesota</u> <u>Minnesota Department of Health</u> <u>Southwest Health & Human Services</u></p>