

Coronavirus Situational Awareness

July 16, 2020



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| <h2>Situational Update</h2> | <p>Southwest Health & Human Services serves the counties of Lincoln, Lyon, Murray, Pipestone, Redwood and Rock Counties.</p> <p>As of 7/16/2020- Current confirmed cases in Lincoln County: 37, Lyon County: 369 and 3 deaths, Murray County: 89, Pipestone County: 104 and 5 deaths, Redwood County: 26, Rock County: 36</p> |
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| <p>Are you sick? Call FIRST:</p> | <p>Avera Regional Medical Center in Marshall, Tyler, Granite Falls: 1-877-AT AVERA (282-8372)</p> | <p>Murray County Medical Center: 507-836-6111</p> | <p>Pipestone County Medical Center: 507-825-PCMC (7262)</p> | <p>Sanford Luverne: My Sanford Nurse Hotline (800) 445-5788 Sanford Luverne (507) 283-4476</p> |
| | <p>Sanford Tracy: My Sanford Nurse Hotline (800) 445-5788 Sanford Tracy (507) 629-8300</p> | <p>Hendricks Community Hospital: (507) 275-3134</p> | <p>Carris Health in Redwood Falls: 507-637-1730 CentraCare Connect: 320-200-3200, 24/7 to speak with a nurse</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> |

COVID-19 Cases in Minnesota

As of July 16, 2020, there have been **44,347** total positive cases of Coronavirus Disease 2019 in the State of Minnesota. **4,232** of the total positive cases in Minnesota have been from health care workers. There have been **1,526** total deaths within the state due to COVID-19. There have been **4,526** total cases where hospitalization was required. **38,290** cases of patients who have no longer needed to be isolated.



Wash hands often



Stay home when sick



Wear a mask



Stay 6 feet apart

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| <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><u>Crisis Hotlines 24 Hours a day, 7 Days a week</u></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>Catholic Charities (Locations in Marshall, Hutchinson, New Ulm and Willmar)</p> <ul style="list-style-type: none">• 1-866-670-5163 <p>Minnesota Farm & Rural Helpline</p> <ul style="list-style-type: none">• 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. <p>Greater Minnesota Family Services</p> <ul style="list-style-type: none">• Counseling and Therapy services to support whole family mental health• 320-214-9692 ext. 4167 |
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Thank you for wearing your mask!

Anytime you are outside of your home, wear a CLEAN cloth facemask.

Cover your nose and mouth.

Wash your hands after removing a mask.

Wash your mask and dry and a high temperature.

Don't reuse your mask without washing.



THANK YOU for wearing your mask! You are helping to slow the spread of COVID-19!

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How to Safely Wear Your Mask



Step 1: Wash or sanitize your hands.



Step 2: Make sure the top of the mask is over your nose and the bottom is under your chin.



Step 3: Place the mask over your nose and mouth before you use the ear straps or tie it behind your head.



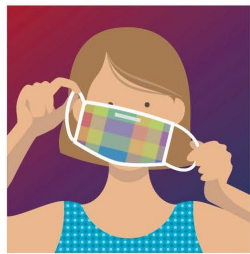
Step 4: Move the mask around so it covers nose, mouth, and chin completely.



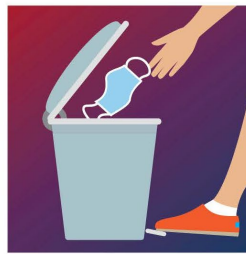
Step 5: The tops of some masks can bend. Press your fingers on the top of the mask to make them fit tight around your nose.



Step 6: Do not touch the mask while wearing it. Use the mask ear straps or ties if you need to make it fit better.



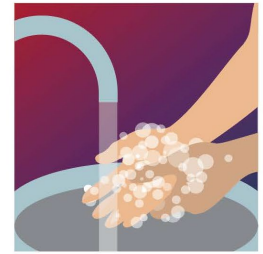
Step 7: Use the mask ear straps or ties to take it off. Do not touch the front.



Step 8: Throw away if mask is disposable.



Step 9: Wash your mask by machine or by hand before you use it again.



Step 10: Wash or sanitize your hands again.



Minnesota Department of Health | health.mn.gov | 651-201-5000 | Contact health.communications@state.mn.us to request an alternate format. | 07/15/2020

When to quarantine if you might be sick

Quarantine is used to keep someone who *might have been exposed to COVID-19* away from others. Quarantine helps to prevent spread of disease that can occur before a person knows that they are sick or if they are infected with the virus without feeling symptoms.

People in quarantine should:

- Stay home
- Separate themselves from others
- Monitor their health
- Follow directions given from health departments

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Who needs quarantine?

Anyone who has been in **close contact with someone who has COVID-19**.

This includes people who previously had COVID-19 and people who have taken a serologic (antibody) test and have antibodies to the virus.

Who counts as a close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with a person (touched, hugged or kissed them).
- You shared eating or drinking utensils.
- They sneezed, coughed or somehow got respiratory droplets on you.

Steps to take:

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4 degrees F), cough, shortness of breath or [other symptoms](#) of COVID-19.
- If possible, stay away others, especially people who are at [higher risk](#) for getting very sick from COVID-19.

Scenarios on when to start and end quarantine are on [Centers for Disease Control and Prevention](#) website.

Remember- You should stay home for **14 days** after your last contact with a person who has COVID-19.

Minnesota Department of Health COVID-19 Documents

- [COVID-19](#)
- [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](#)
- For more resources, see:
<https://www.health.state.mn.us/diseases/coronavirus/materials/index.html#sm1>

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| <p>Discrimination Helpline</p> | <p>COVID-19 does not discriminate based on race, where you come from, your immigration status, or anything else.</p> <p>If you have experienced or witnessed an incident of discrimination or bias call Minnesota's Discrimination Helpline at:</p> <ul style="list-style-type: none">• 1-833-454-0148 from Monday through Friday, 8:00 am to 4:30 pm. Interpreters are available. Or submit this online form. <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>Centers for Disease Control and Prevention Minnesota Department of Health Southwest Health & Human Services</p> |