COVID-19 Report from RHCP

Situation Report (as of May 6th, 2020)
Olmsted County: 322 cases
Minnesota: 8,579 cases
United States: 1,171,510 cases
(Reference: MN Department of Health, CDC)

Stop the Spread
Use cloth face covering in public places.
Cover your cough or sneeze.
Wash your hands with soap and water or use hand sanitizer often.
Keep your social distance – stay 6 feet apart.
Stay home and self-isolate, if you feel unwell.
Get tested for COVID-19, if you are unwell.

Your Questions Answered
1. I had a positive COVID-19 test, what do I do now?
A positive SARs coronavirus-2 PCR test (by a swab) means that you have COVID-19. You will be contacted by a provider with recommendations on what you need to do.

For you: Self-isolation
- o You should continue to monitor your symptoms including shortness of breath, chest pain, cough, fevers, lightheadedness, dizziness, vomiting and diarrhea.
- o It is important that you stay home and avoid contact with others unless you require medical care. As much as possible, you should stay in a specific room and away from other people in your home and use a separate bathroom, if available.
- o You need to wear your mask when around others, and avoid sharing household items.
- o Clean and disinfect high-touch items and surfaces at least once a day.
- o COVID-19 is a notifiable disease. You will be contacted by an Olmsted County case interviewer or public health nurse who will determine if you need help with essential services, such as food, transportation, housing and other support. You may also contact the COVID-19 Community Hotline at (507) 328-2822 or covidcases@co.olmsted.mn.us
- o Community Health Workers are available to assist you, as needed.

If you develop **emergency warning signs** for COVID-19, get **medical attention immediately.** Emergency warning signs include: trouble breathing, persistent pain or pressure in the chest, new confusion or not able to be woken, bluish lips or face.

Call 911 if you have a medical emergency. If you have a medical emergency and need to call 911, notify the operator that you have or think you might have COVID-19. If possible, put on a facemask before medical help arrives.

For people who live in your home
- o You should notify them that you have tested positive for COVID-19.
- o These people should avoid contact with you.
- o Because people who are infected with COVID-19 may be able to transmit the infection before they develop symptoms, the people who live in your home should stay home and avoid contact with others for 14 days.
- o If the people who live in your home develop symptoms, they should go Northwest Clinic COVID-19 Collection Site to get tested for COVID-19. The test is _free_ of charge.
- o If they feel unwell, they should contact their health care provider. They can also present directly to the emergency room if they are having severe symptoms.
- o If anyone at home is immunocompromised or have serious underlying chronic medical conditions, they should contact their provider to let them know they have been exposed to a close contact with COVID-19.
- o A family member who works should not go to work, and should call occupational health or human resources to determine when they should return to work.

2. I was tested for COVID-19, and my test was negative. What should I do now?
- o If you have a negative SARs coronavirus-2 PCR test, it means that you did not have COVID-19 at the time the test was performed. However, this does not mean you will not get sick.
- o You should still take preventive measures to protect yourself and other people. You do this by avoiding being exposed to the virus and by stopping the spread of the virus.
  - Wash your hands with soap and water or use hand sanitizer often.
  - Observe physical distancing: stay at least 6 feet or 2 meters apart from other people who are not from your household.
  - Cover your mouth and nose with a cloth face cover when around others.
  - If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
  - Clean and disinfect frequently touched surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks, daily.

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COVID-19 Community Hotline
(507) 328-2822
9 am - 9 pm, 7 days a week

You, the people in the community, are at the frontline to stopping COVID-19.
By hand hygiene, cleaning and sanitizing. By social distancing. By staying home.
We are all in this together. We will heal as one.

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