

COVID-19 Report from RHCP

Situation Report (as of May 26th 2020)

Olmsted County: 570 cases

Minnesota: 21,960 cases

United States: 1,662,414 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.

Clean and disinfect frequently touched objects and surfaces.

Keep your social distance – stay 6 feet (or 2 meters) apart.

Get tested for COVID-19, stay home and self-isolate, if you are unwell.

Your Questions Answered

1. I heard the Governor's announcement to open places of worship starting May 27th. Does that mean that we can all go back to attend services at churches or mosques? What about attending weddings, funerals or prayer meetings?

Starting May 27th 2020, places of worship, funeral homes, and other venues that offer gathering space for weddings, funerals, and planned services such as worship, rituals, prayer meetings, scripture studies, may open or host such services provided that they adhere to certain requirements:

- A minimum of 6 feet (or 2 meters) of physical distancing between individuals or households.
- Indoor settings: Occupancy not to exceed 25% of the normal occupant capacity, with a maximum of 250 people.
- Outdoor settings: Gatherings not to exceed 250 individuals.
- Develop and implement a COVID-19 Preparedness Plan, in accordance with guidance developed by the Minnesota Department of Health <https://mn.gov/deed/guidance>

However, large gatherings continue to present risks for increasing the spread of COVID-19.

In order to ensure everyone's safety, everyone needs to do their part in keeping the community safe. This means:

- Staying home if you have symptoms of COVID-19 such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, loss of taste or smell, or gastrointestinal symptoms like nausea, vomiting, or diarrhea.
- Staying home if you tested positive for COVID-19, even if you feel well.

- Staying home if someone at home is experiencing symptoms compatible with COVID-19.
- Staying home if you are at higher risk for severe illness from COVID-19:
 - 65 years and older
 - Have chronic lung disease or asthma, serious heart condition, severe obesity, diabetes, chronic kidney disease, or liver disease
 - Immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV/AIDS, and prolonged use of corticosteroids and other immune weakening medications
- Use mask or cloth face covering.
- Regularly wash and/or sanitize your hands.
- Maintain a distance of at least 6 feet (2 meters) from people not in the same household at all times.

2. I feel well and do not have any symptoms. Do I have to wear a mask or face covering in public? Or maintain 6 feet of distance from others?

Minnesotans should stay smart about being safe. It is strongly encouraged that if you are able to stay home to continue to stay home, to wear a mask or cloth face covering when you leave the house, stay 6 feet (2 meters) away from others, and get tested if you show symptoms of COVID-19.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. So it is important that you cover your cough or sneeze. When someone coughs, sneezes, or speaks, they spray small liquid droplets from their nose or mouth which may contain virus. Droplets spread virus.

By covering your cough or sneeze and by using a mask or cloth face covering, you protect the people around you from COVID-19.

By maintaining 6 feet of distance between yourself and others prevents you from breathing in droplets that may have the COVID-19 virus.

COVID-19 Community Hotline

(507) 328-2822

9 a.m. - 9 p.m., 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. By staying safe.

We are all in this together. We will heal as one.

