COVID-19 Report from RHCP

Situation Report (as of April 27, 2020)
Olmsted County: 251 cases
Minnesota: 4,181 cases
United States: 957,875 cases (April 26, 2020)
(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.

Your Questions Answered
1. Who should wear a mask/face cloth covering?
   o Everyone should wear a cloth face covering when going out in public or whenever people are in a community setting, especially in situations where you may be near people where social distancing measures are difficult to maintain, for example in grocery stores.

Wear a cloth face covering when out in public.

However, cloth face coverings should *not* be placed on the following groups of people:

   o young children under age 2
   o anyone who has trouble breathing
   o anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance

2. Why is wearing a mask or cloth face covering recommended?

o The virus that causes COVID-19 is spread mainly from person-to-person through respiratory droplets produced when an infected person coughs, sneezes or talks. It is spread between people who are in close contact with one another.
o Recent studies have shown that COVID-19 can be spread by people who are not showing symptoms.
o Wearing cloth face covering is meant to protect people around you if you are infected but do not have symptoms.
o The cloth face cover does not replace the 6-feet social distancing and hand washing to prevent COVID-19 spread.

The 6-feet social distancing remains critically important to slowing the spread of the virus.

3. What is the difference between surgical masks, N-95 respirators and alternative masks/cloth face coverings?
o Surgical masks and N-95 respirators are regulated by federal agency; their use should be reserved for healthcare workers or other medical first responders.
o Alternative masks/face cloth coverings, which can be made at home from common materials (such as t-shirt or piece of cloth) reduce the likelihood of transmitting the virus by the wearer. They protect people around you if you are infected but not showing signs of illness.

4. What is the appropriate way to wear a mask/cloth face covering?
o Cloth face coverings should fit snugly but comfortably against the side of the face, and be secured with ties or ear loops. They should cover the mouth and nose, and allow for breathing without restriction
o Individuals should clean their hands with soap and water or use hand sanitizer before putting on and immediately after removing face covering.
o Individuals should be careful not to touch their eyes, nose, and mouth when putting on and removing their face covering.
o Cloth face coverings should be routinely washed.
o Instructions can be found on the WHO website
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks

5. How can I make my own mask?
o It is easy to make a face mask. Instructions are available on the CDC website https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf.

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.