

COVID-19 Report from RHCP

Situation Report (as of May 11th, 2020)

Olmsted County: 368 cases

Minnesota: 11,271 cases

United States: 1,300,696 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. The Stay Home Order for Minnesota is about to expire. Does this mean that we do not need to worry about COVID-19?

The virus that causes COVID-19 continues to spread in the community. This COVID-19 outbreak could last for a long time. Therefore, everyone need to continue with actions designed to help keep people healthy, reduce exposures to COVID-19, and slow the spread of the disease.

2. How can I protect myself and my family from COVID-19?

We can protect ourselves, our families and our communities by doing the following:

Wash your hands often.

- Wash your hands often with soap and water for at least 20 seconds.
- You may also use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Keep physical distance to avoid close contact.

- Put distance between yourself and other people outside of your home.
 - Remember that some people with no symptoms may be able to spread virus.
 - Stay at least 6 feet or 2 meters (about 2 arms' length) from other people.
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - If you are 65 and older or have certain underlying medical conditions, stay at home.
 - If you are sick, stay home and try to limit your contact with others.
- Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.



Cover your mouth and nose with a cloth face cover when around others.

- Remember you could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings should *not* be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Cloth face cover is meant to protect other people in case you are infected.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



Cover coughs and sneezes.

- If you are in a private setting and do not have your cloth face covering on, remember to always cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your arm or elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds, or use a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect.

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection. Then, use a household disinfectant.



Get adequate sleep and eat healthy food.

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.



COVID-19

STAY HOME
MINNESOTA

