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 using soap and water for at least 20 seconds or a hand sanitizer that contains at least 60% alcohol.

Stay at least **6 feet or 2 meters** (about 2 arms' length) from other people. Avoid close contact with people who are sick.

Everyone should wear a cloth face cover when they have to go out in public. Continue to keep about 6 feet or 2 meters between yourself and others. The cloth face cover is not a substitute for social distancing.

Always cover your mouth and nose with a tissue when you cough or sneeze.

Clean and disinfect frequently touched surfaces daily.

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.