

COVID-19 Report from RHCP

4th Edition, April 2020

Situation Report (as of April 20, 2020)

Olmsted County: 197 cases

Minnesota: 2,470 cases

United States: 746,625 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 / Topics

1. What tests are available for COVID-19? What is the difference between the tests?

There are 2 types of test for COVID-19.

Testing for active infection: Finding SARS CoV-2, the virus that causes COVID-19

- This test, often referred to as PCR test, is design to detect the presence of the virus the causes COVID-19.
- The purpose of this test is to diagnose patients with COVID-19.
- The test can be done on different samples, such as sputum, throat swab or nasopharyngeal swab (a swab that goes up the nose to far back into the throat).
- A positive result with this test means that a person has COVID-19.
- A negative result means that the virus that causes COVID-19 was not found in the person's sample, and that COVID-19 is *not* the cause of a person's current illness. However, in the early stages of COVID-19 infection, it is possible the virus will not be detected.
- Not everyone needs to get this test done. Only people with symptoms of COVID-19 should be tested.
 - If you have symptoms of COVID-19, go to the Mayo Clinic Northwest Clinic COVID-19 collection site at 4111 US-52 North, Rochester, MN for testing.

A **positive PCR test** for SARS CoV-2 means a person **has** COVID-19.

Test to detect recent or past infection: Detection of SARS CoV-2 antibodies

- This test also referred to as a serologic test, checks a sample of a person's blood to look for antibodies to SARS CoV-2, the virus that causes COVID-19.
- Antibodies are produced when someone has been infected, so a positive result from this test indicates that person was previously infected with COVID-19.
- However, if a person is tested too soon after developing symptoms, the test may be negative simply because the body has not had enough time to develop an antibody response.

- Data suggest that it takes between 8 and 11 days for most people to develop antibodies to SARS CoV-2.
- It is not yet known if antibodies can protect someone from reinfection with this virus or how long antibodies to the virus will protect someone.

A **positive serologic test** for SARS CoV-2 means a person **had** COVID-19.

2. What can we do to help the elderly and vulnerable in our community during the pandemic?

- There are community resources available to help the elderly. If you are concerned about the health of the elderly or those isolated in our community, both Intercultural Mutual Assistance Association (IMAA) and Family Service Rochester (FSR) are accepting referrals to check on them with "assurance calls".
 - IMAA
Phone: (507) 289-5960
Business Hours: 8:30am-5:00pm, Monday – Friday
 - FSR
Phone: (507) 287-2010
Business Hours: 8:00am – 5:00pm, Monday – Friday

3. What do I do if I am not feeling well, need medication refills, or follow-up for an ongoing medical condition?

- No matter what your care needs — emotional support during this pandemic, managing a chronic medical problem, getting medication refills, or a new medical concern — please call your providers' office. Your care team is here for you, to provide the care you need.

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.

