

# COVID-19 Highlights from RHCP

3<sup>Rd</sup> edition

## Situation Report (as of April 12, 2020)

Olmsted County: 143 cases

Minnesota: 1,621 cases

United States: 525,704 cases

(Reference: MN Department of Health and 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.

## Your Questions Answered

1. I was diagnosed with COVID-19. Can I get it again?
  - Based on what is currently known - no.
  - But, we do not know how long this protection or immunity lasts.
2. Is there a test to see if I have been infected with COVID-19?
  - Mayo Clinic Laboratories has developed a test to detect the presence of antibodies specific to SARS-CoV-2, the virus that causes COVID-19.
  - But, it is not yet known if the presence COVID-19 antibody means that a person will never be reinfected.
  - At present, this test is *limited* only to those previously confirmed as COVID-19 positive.
3. What should I do if a family member is sick? Should I come to work?
  - As long as you are not experiencing symptoms yourself, there are no restrictions on activities, including work, while waiting for the test result of your family member.
  - If a family member tests positive for COVID-19, do not go to work and contact your employer's human resources or occupational health service.
  - If you develop fever, cough, shortness of breath, sore throat, diarrhea, difficulty breathing, chills, muscle aches, or loss of smell or taste, get tested for COVID-19 and stay home.
4. What can I do to protect myself and my family?
  - Clean your hands frequently with soap and water or hand sanitizer.
  - Disinfect items that are frequently touched by yourself or others, including cellphones and cellphone cases, door handles and keyboards. Also, disinfect surfaces such as countertops and other items.
  - It is reasonable to change out of your work clothes before or when you get home. Launder frequently with normal detergent. No extra laundering or special handling is needed.
  - If you are sick, stay home and try to limit your contact with others.
  - Get adequate sleep and eat healthy food.

- The best thing to protect others is by not visiting them face to face. But, it is important to keep in touch with relatives, neighbors and friends using digital forms and media.
5. Can I get COVID-19 from food?
    - There is no current evidence that COVID-19 can be acquired through food consumption.
    - Precautions when shopping for food may prevent spread:
      - Disinfect shopping carts and baskets.
      - Keep 6 feet distance from other shoppers.
      - After shopping, throw away disposable bags, wash hands with soap and water, and disinfect countertops and other surfaces.
  6. Can COVID-19 be transmitted from objects?
    - Recent studies have shown that SARS-CoV-2 may remain infectious on surfaces or objects for up to 72 hours, but most virus on the surface of common materials becomes inactive (noninfectious) after the first 24 hours.
    - There is limited evidence that virus particles on those products transmit disease.
  7. Where can I get free food for my family?
    - Channel One Food Bank continues to be open. Check <https://www.helpingfeedpeople.org/> for food box distribution and pick up information.
    - You can find location of food shelves through the Olmsted County Food Resource Locator site at <https://coronavirus-response-olmsted-county-mn-gis-olmsted.hub.arcgis.com/app/4e3083d139444f6db35ba93ca055320f>
    - Rochester Public Schools has Grab and Go meals for children. [https://drive.google.com/file/d/12WlyvwHCoPAU3yE\\_6xvHXXVR-HsOhcJq/view](https://drive.google.com/file/d/12WlyvwHCoPAU3yE_6xvHXXVR-HsOhcJq/view)
  8. I have a family member who is homebound and unable to shop. Where can I get help?
    - Meals on Wheels continue to be available. Apply to Family Service Rochester (FSR) at <http://familyservicerochester.org/> or call (507) 287-2010.
    - For help with grocery shopping and delivery, submit a request to FSR. There is a \$10 fee.
  9. Should I wear a face covering in public?
    - Yes, everyone should wear cloth face coverings in public or community settings, for example in grocery stores.
    - Face covering should be washed daily.
    - Important: Use of face covering does not replace social distancing and frequent hand washing.
  10. Who should *not* wear cloth face coverings?
    - Children younger than 2 years old; and anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

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.**

