

COVID-19 Report from RHCP

Situation Report (as of July 20, 2020)

Olmsted County: 1,403 cases

Minnesota: 47,107 cases

United States: 3,761,362 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 is the role of public health in slowing the spread of COVID-19?

Public health experts are working hard in our community to slow the spread of COVID-19.

One way they do this is by directly reaching out to people in our community who have been diagnosed with COVID-19, and those who may have been in contact with someone diagnosed with COVID-19.

2. When does public health reach out to people who have COVID-19?

Public health nurses will reach out to **everyone** who has a positive test for COVID-19.

- a. They will contact the person who tested positive for COVID-19 by phone and ask a series of questions to make sure that the person has what they need to take care of themselves and to avoid passing on the infection to other people.
- b. They will also ask questions to find out who else might be at risk of getting sick.
- c. If you are sick with COVID-19, you will be asked to isolate to help stop the spread of COVID-19.

3. When does public health reach out to people who are not sick with COVID-19?

- Public health nurses will try and call those who might have been in contact with persons diagnosed with COVID-19 (and therefore exposed to the virus) and are not yet sick.
- They do this to make sure that the contacts know that they have been exposed so they can get help early if they get sick, have what they need to take care of themselves and can take steps to protect others.
- If you are exposed to COVID-19, you will be asked to be in quarantine for at least two weeks.

4. What does it mean to be on Isolation or Quarantine?

Isolation

- Persons who are infected with COVID-19 need to stay home until they have recovered. This is referred to as **isolation**. Isolation is used to separate people infected with the virus (those who have symptoms of COVID-19 and those with no symptoms) from people who are not infected.
- People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

Quarantine

- **Quarantine** is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.
- People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

5. Do I have to cooperate with public health authorities?

At the current time cooperation is voluntary, and because people cooperate, there is no plan to make these efforts mandatory. More importantly, when we all do our part, the sickest and most vulnerable people in our community are protected.

One way of cooperating is ensuring that you can be reached by phone. Public health nurses will always identify themselves before asking you for information.

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.

