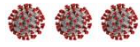


Coronavirus Corner



April 29, 2020



Situational Update		Confirmed MN cases: 4,644			Confirmed Kandiyohi cases: 88 Recovered: 19 Deaths: 1			
Are you sick? !call FIRST!	Carris Health- Willmar Nurse 320-441-5361 7am-7pm M-F 9a-2p Sat/Sun	Carris Health- Redwood Nurse 507-637-1730 8am-5pm M-F		CentraCare Connect Nurse 320-200-3200 24/7				
Mental Health- Substance	If you feel like harming yourself or others, Call 911	Mobile Crisis 1-800-432-8781 24/7	Woodland Centers 320-235-4613 1-800-992-1716	Safe Avenues 1-800-792-4210	Kandi. Co. Human Services 320-231-7800 8-4:30pm M-F			
Donate PPE	Call 320-214-6780 to arrange an appointment for drop off						8:30a-4:30p M-F	
Questions?	MDH Health Questions 651-201-3920/1-800-657-3903 8am-6pm 7d/wk	MDH Childcare Options 888-291-9811	MDH School/Child care 651-297-1304/800-657-3504 8am-6pm	Local Public Health 320-231-7800, Press 4 8-4:30pm M-F				

We ALL deal with stress & anxiety differently, and that's perfectly normal.

However, when is it beyond NORMAL, and **how do you know when it's time to talk to someone?**

There are resources in our community to help.

Please reach out to one of the numbers in the Mental Health area listed in this document.

What to look for:

- ✓ **change in appetite**
- ✓ **change in sleep pattern (not sleeping for days)**
- ✓ **racing thoughts that you just can't shut off**
- ✓ **using alcohol or drugs to cope with stress**
- ✓ **feeling hopeless or having thoughts of suicide**



Woodland Centers is a place to start if you find yourself, your child/children, or family members struggling

Crisis center is available 24/7 Call 800-432-8781

Mobile Crisis is also available 24/7 to meet you at a location to help
Woodland Centers is seeing clients via tele-med and telephone, if you prefer to set up an appointment.

We are here to help!

If you are ill with COVID-19 symptoms or have been tested or confirmed to have COVID-19, you will be told to **self-isolate**.

What does self-isolation mean?

- ! **Stay home, except to seek medical care**
- ! **Separate yourself from others in the home**
- ! **Wear a facemask when around other people**
- ! **Avoid sharing personal household items**
- ! **Clean all high-touch surfaces daily**
- ! **Wash your hands often with soap and water**

Watch for worsening symptoms

like shortness of breath or difficulty breathing
If you need **emergency medical attention**
call **911** and inform them of your symptoms

Due to an increase in testing availability
Carris Health is offering
Curb-side testing for COVID-19

Appointments are required

If you are experiencing symptoms and are concerned you may have COVID, please call our nurse line
320-441-5361

A nurse will direct you to the correct course of care

Positive COVID-19 cases in the state have increased from 4,181 yesterday to **4,644 today**, out of a total **66,744 tests** that have now been processed by MDH and external laboratories. The age range of all positive COVID-19 cases ranges from 4 weeks - 109 years, with a median age of **50**. MDH has also released that **879 health care workers** have contracted COVID-19 and are included in the positive case total. **950 Minnesotans have required hospitalization** for COVID-19, with **320 currently hospitalized**, and **119 of those in the ICU**. There are now **2,043 patients who have recovered and no longer require isolation**.