FOR IMMEDIATE RELEASE:
4/1/2020

Caring for Yourself or Others at Home

As of April 1, 2020, Todd County has no lab confirmed cases of coronavirus (COVID-19). Although due to a shortage of COVID-19 testing materials, local transmission of the virus may be currently occurring in Todd County. Most people who get sick with COVID-19 will have only mild illness and should recover at home. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

If you are caring for yourself or someone at home:

- **Monitor for emergency signs**: If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include: trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face.

- **Prevent the spread of germs**: COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.
  - Have the person stay in one room, away from other people, including yourself, as much as possible.
    - Avoid sharing personal household items, like dishes, towels, and bedding
    - If facemasks are available, have them wear a facemask when they are around people, including you.
  - Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person.
  - Avoid touching your eyes, nose, and mouth.
  - Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs
  - Wash laundry thoroughly. If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
  - Avoid having any unnecessary visitors.

- **Treat symptoms**: For most people, symptoms last a few days and get better after a week.
  - Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
  - Over-the-counter medicines may help with symptoms.

- **Carefully consider when to end home isolation (staying at home)**: People can stop home isolation under the following conditions:
  - They have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
    - OR
  - Other symptoms have improved (for example, when their cough or shortness of breath have improved)
    - OR
  - At least 7 days have passed since their symptoms first appeared

“People helping people through life’s challenges by maintaining integrity, providing education and sharing skills to empower individuals to their highest possible level of wellness.”

Todd County has set up a website with information for the public at: [https://www.co.todd.mn.us/coronavirus-disease-2019-covid-19/](https://www.co.todd.mn.us/coronavirus-disease-2019-covid-19/)  As this is a rapidly changing situation please continue to check back to this website for updates.

The Minnesota Department of Health has set up the following hotlines to answer questions:

**Community mitigation (schools, child care, business) questions:**
651-297-1304 or 1-800-657-3504
7 a.m. to 7 p.m.

**Health questions:**
651-201-3920 or 1-800-657-3903
7 a.m. to 7 p.m.