

For Immediate Release: 3/13/2020

SLOW THE SPREAD TO OUR COMMUNITIES

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Countryside Public Health has plans in place and is actively working with area partners in response to Coronavirus (COVID-19). Minnesota now has cases of COVID-19. Countryside Public Health encourages you to be prepared for yourself, family, & business for a possible outbreak.

Stay home from work & school when you are sick; staying home is fundamental to “stopping the spread”.

All employees & students should stay home if they are sick until at least 24 hours after their fever (fever: 100 degrees or higher). Prevent, sanitize, and prepare similar to the flu for COVID-19; wash your hands, cover your cough, & stay home when you are sick!

If you have been in contact with someone with COVID-19, self-quarantine yourself for 14 days while monitoring your fever & respiratory symptoms. If you are sick with respiratory symptoms and need medical attention, you must **call your local hospital or clinic before arriving**. Your primary doctor will determine if you need to be tested for COVID-19. Our most at-risk population continues to be our older population & patients with chronic medical conditions.

Travelers arriving from other countries or states that have high incidents of disease should self-quarantine and monitor themselves for fever, cough, or shortness of breath. Only leave home for essential needs; for example: food or medicine. Countryside Public Health recommends these travelers not to attend gatherings. If you have questions about your symptoms or COVID-19, you can also utilize the MDH Hotline: 651-201-3920, available Monday-Friday 8AM-4:30PM.

How can organizations, faith-based organizations, and community organizations prepare for COVID-19?

The Centers for Disease Control has a Mitigation Strategy guide to answer all of your specific organization needs in different stages: none-minimal, minimal-moderate, and substantial factors.

Community & Faith Based Organizations:

None-Minimal: PREPARING

- Know where to find local information
- Know the signs & symptoms of COVID-19
- Identify safe ways to serve high risk populations
- Develop emergency plans
- Encourage staff and members to stay home if they are sick
- Encourage personal protective measures
- Clean frequently touched surfaces

- Ensure hand hygiene supplies are readily available

Minimal-Moderate: CASES KNOWN IN COMMUNITY

- Implement social distancing measures:
 - Reduce activities, especially for at risk populations
 - Consider offering video/audio events
 - Determine ways to continue providing support
 - Cancel large gatherings or move to smaller groupings
 - Large Gathering: 250+ People
 - Cancel gatherings serving at risk populations

Substantial: SPREAD OF CASES IN COMMUNITY

- Cancel gatherings of any size

Stay informed by following our Countryside Public Health Facebook Page & regularly checking the CDC (Centers for Disease Control) & MDH (Minnesota Department of Health) website.

INCLUDE ATTACHEMENT IMAGE