

## NEWS RELEASE

### Local Hospitals and McLeod County Public Health say “Stay the course, keep up the good work so we can prepare to help the community.”

The Minnesota Department of Health (MDH) stresses that there is widespread community transmission of coronavirus, and we can assume that all of our communities have cases of COVID-19, even rural communities in Minnesota. So, what does this mean for residents in McLeod County? We must stay the course and work together to protect our most vulnerable. The most powerful tool we have to change this alarming trend is practicing social distancing and adhering to the Stay at Home order.

#### COVID-19 Symptoms

You've probably heard that fever, cough, and shortness of breath are the main symptoms. There are also other possible symptoms, including muscle aches, headache, sore throat, diarrhea, or loss of taste or smell. The

Minnesota Department of Health has a great

resource to help determine the differences between [COVID-19, the flu, a cold, or allergies!](#)

For everyone else, please distance yourself from others in the following ways:

- Avoid public places and go out only for essential work, get essential supplies or for exercise outdoors.
- Avoid family or public gatherings.
- Stay 6 feet away from anyone with whom you do not live.





## Do your part, wear a face mask

The Centers for Disease Prevention & Control (CDC) is now recommending that everyone wear a cloth (homemade) face cover when going out in public to get essential supplies i.e. groceries. The purpose is to protect other people in case you are infected but not showing any symptoms. Minnesotans are strongly encouraged to wear a manufactured or homemade cloth face covering at all times when they leave their homes and travel to any public setting where other social distancing measures are difficult to maintain (e.g., grocery and other stores), and to follow face covering guidelines issued by MDH and the CDC. Such face masks and coverings are for source control – to help limit the person wearing the covering from infecting others.

A couple important reminders:

- Do not use medical grade facemasks intended for healthcare workers as they are in short supply.
- Remember that the face cover is not a substitute for social distancing.

## Continue to access ER for emergencies

Minnesotans are doing a good job of staying at home and slowing the spread of COVID-19. However, data shows that fewer people with stroke and heart attack symptoms are calling 911 or visiting emergency rooms. Our health care system is safe and prepared to treat patients experiencing any medical emergency. If you're having a medical emergency, call 911 right away.

## Do your part to help the health care system

By staying home, we are slowing the spread of COVID-19 and giving our health care system the time, it needs to prepare and care for people who are very sick. By staying home, we are buying time and saving lives.

## Staying home saves lives. Give our health care system time to increase:



Hospital capacity



Access to ventilators



Testing capacity



Masks for health care

## Is it COVID-19?

COVID-19 symptoms can include fever, cough, and shortness of breath. This may be similar to other illnesses, like the flu and common cold. Many people with COVID-19 have mild or few symptoms, and some may have no symptoms at all. If you are able to manage your symptoms at home, you don't need to seek care or get a COVID-19 test. Contact your medical provider for any symptoms that are severe. For medical emergencies, such as difficulty breathing, call 911.

SYMPTOMS	COVID-19	FLU	COLD	ALLERGIES
Cough	Often	Often	Sometimes	Sometimes
Fever	Often	Often	Rarely	Never
Body aches	Often	Often	Rarely	Never
Shortness of breath	Sometimes	Sometimes	Rarely	Rarely
Headache	Sometimes	Often	Sometimes	Sometimes
Fatigue	Sometimes	Often	Sometimes	Sometimes
Sore throat	Sometimes	Sometimes	Sometimes	Never
Loss of taste or smell	Sometimes	Rarely	Rarely	Rarely
Diarrhea	Sometimes	Rarely	Never	Never
Chest pain or pressure	Rarely	Rarely	Never	Never
Runny nose	Rarely	Sometimes	Often	Often
Sneezing	Rarely	Sometimes	Often	Often
Watery eyes	Never	Never	Never	Often

This list is not all-inclusive.



health.mn.gov | 04/20/2020





### ***Glencoe Regional Health: Preparing for Care in Unordinary Times***

Wherever you are, Glencoe Regional Health is here for you.

President and CEO, Patricia Henderson, MBA, BSN, explains how the “stay safe MN” order has been effective, and the efforts GRH is taking to care for COVID-19 patients. [Learn more.](#)

Glencoe Regional Health (GRH) is offering secure and convenient telehealth visits for select appointment types – offering you excellent care without leaving your home. Call 320-864-3121 to make an appointment, or visit [grhsonline.org/telehealth](http://grhsonline.org/telehealth) to learn more.

In addition to telehealth visits, patients may safely visit the Well Clinics at their Glencoe, Lester Prairie, and Stewart Clinic locations for care. These specially-designated clinics allow GRH to keep their patients, staff, and community safe while still providing the care that is needed. The Emergency Room on their Glencoe campus is always open, and Urgent Care is open 8 a.m. to 7:30 p.m., seven days a week.

Drive-up COVID-19 Testing is also currently being offered at Glencoe Regional Health. **An appointment is required. To schedule, call 320-864-7168.** Testing will be Monday – Friday, 8:30 a.m. to 2 p.m. Visit Glencoe Regional Health’s [website](#) for a map and CDC testing guidelines.

### **Glencoe Regional Health COVID-19 Hotline is 320-864-7168**

If you’re experiencing COVID-19 symptoms, please call the Glencoe Regional Health COVID-19 Hotline at 320-864-7168 prior to arriving. The hotline is open from 8 a.m. to 4:30 p.m., Monday through Friday. Stay up-to-date by visiting Glencoe Regional Health’s website at [grhsonline.org/coronavirus](http://grhsonline.org/coronavirus).

### ***Hutchinson Health is offering testing***

Drive up COVID-19 testing is now available– drive thru on the north side of the building at Hutchinson Health. People must have an appointment to be tested. Testing will only be available for patients with symptoms and after a screening process has been completed. They should contact the clinic for a phone screening to determine next steps and the clinic will decide the need for the person to be scheduled for the drive-up testing. The COVID-19 test is a nasal swab collected right in your vehicle. People can be screened through the Virtuwell (on the Hutchinson Health website under make an appointment) as well.

Hutchinson Health also wants you to know while drive up testing capacity increases and we are able to identify additional cases in the community, it is safe to receive care at their facilities. They are still emphasizing video visits when possible, but it is very safe to receive care in person. Hutchinson Health wants to be sure necessary care is not delayed out of fear. Don’t put off getting care for known conditions or concerns. Contact them to discuss your specific concerns and to develop a plan for your care. They are open and their team is here to support your healthcare needs.



### ***For further information***

McLeod County Public Health Department, Glencoe Regional Health and Hutchinson Health encourages you to go to the Minnesota Department of Health website for the most accurate information about COVID-19 <https://www.health.state.mn.us/diseases/coronavirus/index.html> or to the CDC website <https://www.cdc.gov/coronavirus/2019-ncov/index.html> . Locally, you can get information on COVID-19 in McLeod County by calling their information hotline at (320)484-4369. Further resources for McLeod County can be found on their website at <https://www.co.mcleod.mn.us/government/departments/administration/covid-19/index.php>

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## COMUNICADO DE PRENSA

**Los hospitales locales y Salud Pública del Condado de McLeod dicen: "Mantén el rumbo, sigue con el buen trabajo para que podamos prepararnos para ayudar a la comunidad".**

El Departamento de Salud de Minnesota (MDH) enfatiza que existe una transmisión comunitaria generalizada de coronavirus, y podemos suponer que todas nuestras comunidades tienen casos de COVID-19, incluso comunidades rurales en Minnesota. Entonces, ¿qué significa esto para los residentes en el condado de McLeod? Debemos mantener el rumbo y trabajar juntos para proteger a nuestros más vulnerables. La herramienta más poderosa que tenemos para cambiar esta tendencia alarmante es practicar el distanciamiento social y cumplir con la orden de Permanecer en Casa.

### **Síntomas de COVID-19**

Probablemente haya escuchado que la fiebre, la tos y la falta de aliento son los síntomas principales. También hay otros síntomas posibles, como dolores musculares, dolor de cabeza, dolor de garganta, diarrea o pérdida del gusto u olfato. El Departamento de Salud de Minnesota tiene un gran recurso para ayudar a determinar las diferencias entre [COVID-19, la gripa, un resfriado, o alergias!](#)

Para todos los demás, aléjese de los demás de las siguientes maneras:

- Evite los lugares públicos y salga solo para un trabajo esencial, obtener suministros esenciales o hacer ejercicio al aire libre.
- Evite las reuniones familiares o públicas.
- Manténgase a 6 pies de distancia de cualquier persona con la que no viva.



## Haz tu parte, usa una máscara facial

Los Centros para la Prevención y Control de Enfermedades (CDC) ahora recomiendan que todos usen una cubierta facial de tela (casera) cuando salgan en público para obtener suministros esenciales, es decir, comestibles. El propósito es proteger a otras personas en caso de que esté infectado pero no muestre ningún síntoma. Se recomienda encarecidamente a los habitantes de Minnesota que usen una cubierta facial de tela fabricada o casera en todo momento cuando salgan de sus hogares y viajen a cualquier entorno público donde sean difíciles de mantener otras medidas de distanciamiento social (por ejemplo, supermercados y otras tiendas), y que sigan las pautas de la cobertura de cara emitidas por MDH y CDC. Tales máscaras faciales y cubiertas son para el control de la fuente, para ayudar a evitar que la persona que usa la cubierta infecte a otros.

Un par de recordatorios importantes:

- No use mascarillas de grado médico destinadas a trabajadores de salud, ya que son escasas.
- Recuerde que la cobertura de la cara no es un sustituto del distanciamiento social.

## Continúe accediendo la sala de emergencias para emergencias

Los habitantes de Minnesota están haciendo un buen trabajo al quedarse en casa y desacelerar la propagación de COVID-19. Sin embargo, los datos muestran que menos personas con síntomas de accidente cerebrovascular y ataque cardíaco están llamando al 911 o visitando salas de emergencia. Nuestro sistema de atención médica es seguro y está preparado para tratar a pacientes que experimentan cualquier emergencia médica. Si tiene una emergencia médica, llame al 911 de inmediato.

## Haz tu parte para ayudar al sistema de salud

Al quedarnos en casa, estamos desacelerando la propagación de COVID-19 y dando a nuestro sistema de atención médica el tiempo que necesita para prepararse y cuidar a



Capacidad en el hospital



Acceso a ventiladores médicos



Capacidad de pruebas



Mascaras para el cuidado de salud

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 Watery eyes	Never	Never	Never	Often

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## Quedarse en casa salva vidas.

Dele a nuestro sistema de salud tiempo para aumentar:



personas quienes están muy enfermas. Al quedarnos en casa, estamos comprando tiempo y salvando vidas.

### ***Glencoe Regional Health: Preparación para Cuidado en Tiempos Poco Ordinarios***

Donde quiera que esté, Glencoe Regional Health está aquí para usted.

La presidenta y directora ejecutiva, Patricia Henderson, MBA, BSN, explica cómo la orden de "Mantenerse a Salvo MN" ha sido efectiva, y los esfuerzos que GRH está haciendo para atender a los pacientes con COVID-19 [Aprenda más](#).

Glencoe Regional Health (GRH) ofrece visitas seguras y convenientes de telesalud para ciertos tipos de citas, ofreciéndole una atención excelente sin salir de su hogar. Llame al 320-864-3121 para hacer una cita, o visite [grhsonline.org/telehealth](http://grhsonline.org/telehealth) para aprender más.

Además de las visitas de telesalud, los pacientes pueden visitar las clínicas con seguridad en sus ubicaciones de Glencoe, Lester Prairie y Stewart para recibir cuidado. Estas clínicas especialmente designadas permiten a GRH mantener seguros a sus pacientes, al personal y a la comunidad mientras brindan la atención que se necesita. La sala de emergencias en la instalación de Glencoe siempre está abierta, y la atención de urgencia está abierta de 8 a.m. a 7:30 p.m., los siete días de la semana.

Las pruebas de COVID-19 de autoservicio también se ofrecen actualmente en Glencoe Regional Health. **Una cita es requerida. Para programar, llame al 320-864-7168.** Las pruebas serán de lunes a viernes de 8:30 a.m. a 2 p.m. Visite el [sitio web](#) de Glencoe Regional Health para un mapa y las pautas de pruebas del CDC.

### **La Línea Directa de COVID-19 de Glencoe Regional Health es 320-864-7168**

Si tiene síntomas de COVID-19, llame a la línea directa de COVID-19 de Glencoe Regional Health al 320-864-7168 antes de llegar. La línea directa está abierta de 8 a.m. a 4:30 p.m., de lunes a viernes. Manténgase actualizado visitando el sitio web de Glencoe Regional Health en [grhsonline.org/coronavirus](http://grhsonline.org/coronavirus).

### ***Hutchinson Health está ofreciendo pruebas***

Las pruebas de autoservicio de COVID-19 ya están disponibles: conduzca por el lado norte del edificio de Hutchinson Health. Las personas deben tener una cita para hacerse la prueba. Las pruebas solo estarán disponibles para pacientes con síntomas y después de que se haya completado un proceso de detección. Deben comunicarse con la clínica para una evaluación telefónica para determinar los próximos pasos y la clínica decidirá la necesidad de programar a la persona para la prueba. La prueba de COVID-19 es un hisopo nasal recolectado directamente en su vehículo. También se puede examinar a las personas a través de Virtuwell (en el sitio web de Hutchinson Health, bajo hacer una cita).

Hutchinson Health también quiere que sepa que mientras aumenta la capacidad de las pruebas de detección y pueden identificar casos adicionales en la comunidad, es seguro recibir cuidado en sus instalaciones. Todavía enfatizan las visitas de video cuando sea posible, pero es muy seguro recibir atención en persona. Hutchinson Health quiere asegurarse de que el cuidado



necesario no se demore por miedo. No posponga recibir atención para condiciones o preocupaciones conocidas. Comuníquese con ellos para analizar sus inquietudes específicas y desarrollar un plan para su atención. Están abiertos y su equipo está aquí para apoyar sus necesidades de atención médica.

### ***Para más información***

El Departamento de Salud Pública del Condado de McLeod, Glencoe Regional Health y Hutchinson Health lo alienta a visitar el sitio web del Departamento de Salud de Minnesota para obtener la información más precisa sobre COVID-19 <https://www.health.state.mn.us/diseases/coronavirus/index.html> o puede ir al sitio web del CDC <https://www.cdc.gov/coronavirus/2019-ncov/index.html> . A nivel local, puede obtener información sobre COVID-19 en el condado de McLeod llamando a su línea directa de información al (320) 484-4369. Se pueden encontrar más recursos para el condado de McLeod en su sitio web en

<https://www.co.mcleod.mn.us/government/departments/administration/covid-19/index.php>

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