



STAYING HOME WILL SAVE LIVES

In his email update from April 8th, 2020, Governor Tim Walz stated “What we are doing is working, Minnesota. We are taking this seriously, and we are staying home. While Minnesota is showing lower rates of infections than others across the country, now is not the time to let up.” The Governor’s order to stay home is projected to significantly slow the spread of COVID-19, allowing the state to continue key preparations for the pandemic. The Stay Home Order is now extended to 11:59 pm on May 3, 2020.

“Unfortunately, testing is limited and does not give us the true picture of the number of cases. We know there is community transmission here in McLeod as well as across Minnesota. People might be questioning whether their actions to prevent the spread of coronavirus are helping, because you can’t ‘see’ the absence of cases. The numbers clearly demonstrate our actions have been effective, but we have to stay the course for now. Keep it up, McLeod!” says Meghan Mohs, McLeod County Interim Health and Human Services Director.

The strategies that all of us must follow include staying at home, practicing physical separation (social distancing) of at least 6 feet when you leave the home for essential activities or when at work as an essential employee. **NEW:** The CDC is now recommending that everyone wear a cloth (homemade) face cover when going out in public to get essential supplies such as groceries. The purpose is to protect other people in case you are infected, but aren’t showing symptoms. Do NOT use facemasks intended for healthcare workers. The face cover is NOT a substitute for social distancing. How to protect yourself:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

You can go outdoors for exercise, but stay at least 6 feet away from people you do not live with and do not gather in groups of any size. Cancel children’s playdates. Officials with the Minnesota Department of Natural Resources, the agency that’s responsible for the state’s parks, trails and outdoor recreation, say it's important to maintain the Governor's stay-at-home order. From a recent Minnesota Public Radio interview, Kim Pleticha, MN DNR spokesperson means that people should stay close to home. "We’re not supposed to be driving 100 miles to hunt or fish right now," she said. “We really do need to find ways to do that close to home. And if we can't do it close to home, then we really need to postpone it until this is over. We want people to be able to get outside, exercise, maintain their physical and mental health, but do it as close to home as possible. State parks remain open, but visitor centers and campgrounds are closed until May 1, and events have been canceled.”

There continues to be an increase in COVID-19 cases in Minnesota, so these recommendations are vital to help limit the spread of the outbreak in our communities and are essential to help protect the elderly and those with severe underlying health conditions. We are all in this together and we must work together to protect our most vulnerable.



NEW: Governor Tim Walz unveiled a new COVID-19 dashboard that tracks the virus in MN and provides all of the latest data on available ventilators, ICU beds, personal protective equipment (PPE), and testing. Find the information online portal here: www.mn.gov/COVID19

NEW: MDH is continuing to request that anyone willing/able to give blood do so, as there continues to be a blood shortage. Blood Centers are making it possible for healthy individuals to still donate and maintain social distancing. Please contact your local blood center/bank if you would like to donate, but are unsure if you would be eligible.

- Memorial Blood Centers: <https://www.mbc.org/coronavirus-blood-donation/>, 1-844-213-5219
- American Red Cross: <https://www.redcross.org/give-blood.html>, 1-800-733-2767

CDC COVID-19 website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

MDH COVID-19 website: <https://www.health.state.mn.us/diseases/coronavirus/index.html>

McLeod County COVID-19 website:

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

Sources: Minnesota Public Radio, CDC, MDH, and Governor's State Website

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