



WHERE THE FOREST MEETS THE PRAIRIE

Todd County

● MINNESOTA ● EST. 1855 ●

HEALTH AND HUMAN SERVICES

Courthouse Annex
212 Second Ave South
Long Prairie, MN 56347
Phone: 320-732-4500
Fax: 320-732-4540

Branch Office
200 1st Street NE #1
Staples, MN 56479
Phone: 218-894-6300
Fax: 218-894-2878

FOR IMMEDIATE RELEASE:

4/1/2020

CONTACT:

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Todd County Health & Human Services
320-732-4500

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)
AND
 - Other symptoms have improved (for example, when their cough or shortness of breath have improved)
AND
 - At least 7 days have passed since their symptoms first appeared



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For more information go to CDC- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

Todd County has set up a website with information for the public at: <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.