

COVID-19

Coronavirus Information and Updates

April 3, 2020

Stay Home. Stop The Spread. Save Lives. March 27th - April 10th

During this unprecedented time, it is really important that you follow the stay at home order of limiting your time outside your home to getting essential needs. Feeling stuck inside your home can create a new level of anxiety that many of us have never felt before. **Remember to take care of yourself.** The stay at home order allows, and even encourages, people to get out of their homes to get fresh air while adhering to social distancing guidelines. Take breaks from the news and social media and to find something about your day that is positive.

If you're feeling the weight of grief right now, you're not alone. Grief is a normal reaction to losing something we care about, and much has been lost in the fallout from the coronavirus. **Don't forget to check in on the people you care about.** A simple idea is to connect with one friend, one family member, and one coworker daily during this time. Take time to try a different way to take care of your mental health.



Situational Update: STAY HOME except for essential needs

Updated 3/23/2020

TIPS TO REDUCE COVID-19 ANXIETY



Focus on what you can control – including your thoughts, behaviors.



Remember that you are resilient, and so is humankind. We will get through this.



Do what you can to reduce your risk; take comfort that you are caring for yourself and others.



Use technology to connect with others frequently.



Look for the good stuff: the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.



Limit exposure to news or social media updates.



Use reputable sources of news, avoid speculation and rumors.



Model peaceful behavior for those around you. Remember everyone experience stress differently.



Don't let fear influence your decisions, such as hoarding supplies.



Be gentle with yourself and others.



Create a regular routine, especially for children and work from home.



Maintain a healthy diet and exercise routines to help your immune system and mental health.



Spend time in nature while adhering to social distancing guidelines.



Reflect on your reactions. Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.



Practice meditation, yoga, or other mind-body techniques. Find apps or online videos to help.



Reach out if you need to talk. There are local and national hotlines and warmlines that can help!

Minnesota Department of Health | Health.epr@state.mn.us | www.health.state.mn.us/communities/ep/behavioral/index.html

If you're feeling sick and think you've been exposed to COVID-19, **STAY HOME.**

About 80% of people will be able to manage their symptoms at home. Patients who have respiratory illness symptoms and **CAN NO LONGER MANAGE THEIR CARE AT HOME** should seek care with their primary care provider or follow the steps below at RC Hospital & Clinics in Olivia, MN.

First, call 1-800-916-1836 and ask for the Triage Nurse.

If asked to come in, report to the drive-thru screening station located near the ER entrance.

RC Hospital & Clinics staff will greet you when you arrive.

For the most current info on hours, clinics and treatment options visit the [coronavirus section](#) the RC Hospital & Clinics website.

Minnesota Department of Health:

Health Questions:
651-201-3920 or 1-800-657-3903
(7am-7pm 7d/wk)

School/Childcare Questions:
651-297-1304 or 1-800-657-3504
(7am-7pm)

Mental Health:

If feel like you want to harm yourself or others, Call 911

- Text MN to 741741 or call 1-800-273-TALK (1-800-273-8255)
- Mobile Crisis: 1-800-432-8781 (24/7)
- Woodland Centers - Crisis Center:
320-231-9158 or 1-800-432-8781
- Renville County Human Services: 320-523-2202 (8-4:30pm M-F)

Credible Sites: www.renvillecountymn.com | www.rchospital.com | www.health.state.mn.us/diseases/coronavirus/

