

Department Heads & Elected Officials,

Below is an update from Public Health Director Tony Buttacavoli.

Good Morning,

Please review the latest update from our team. We have attached a couple of documents that can be used to educate people about preventing COVID-19 and a document on what to do if you become sick with COVID-19.

Minnesota (as of March 12, 2020)

- 9 confirmed cases in Minnesota at this time; in counties of Anoka, Carver, Dakota, Hennepin, Olmsted, Ramsey, and Stearns
- Number of patients tested is over 300
- Hotline for community. The Minnesota Department of Health has set up a COVID-19 public hotline that is open 8:00 a.m. to 4:30 p.m. Monday through Friday. The Hotline number is 651-201-3920.

United States (as of March 12, 2020)

- US 1,215 confirmed cases
- 36 Deaths
- 42 States and the District of Columbia have had cases

Isanti County (as of March 12, 2020)

- 0 confirmed cases
- If residents or the general public are looking for up-to-date information regarding the Coronavirus or COVID-19 response please direct them to the MDH and CDC resources below if they have general questions direct them to the MDH Hotline.
- Local agencies or stakeholders have questions or requests specific to Isanti County Public Health please direct them to Molly.Wiemann@co.isanti.mn.us or (763) 689-4071

General Information (as of March 12, 2020)

- Globally there have been over 125,048 cases and over 4,600 deaths from COVID-19
- The response to COVID-19 at this time is two-fold: containment and community mitigation to slow transmission, reduce mortality and minimize the impact on the health care system.
- COVID-19 has an estimated death rate of 3.5% (according to the WHO)
- Data suggests that 80% of infections are mild or asymptomatic, 15% are severe infection requiring oxygen and 5% are critical infections requiring ventilation (WHO situation report 46)
- Older people, and those with pre-existing medical conditions (such as cardiovascular disease, chronic respiratory disease or diabetes) are at higher risk for severe disease.

#### Recommended Sources for Information

- US Dept. of Homeland Security- For personal and family preparedness; things we as individuals can do to prepare [www.ready.gov](http://www.ready.gov)
- CDC Website- For technical and professional level information about COVID-19  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- MDH Website- State-level information and recommendations  
<https://www.health.state.mn.us/diseases/coronavirus/index.html>

#### Best practices

- Avoid close contact with people who are sick
- Wash your hands thoroughly with soap and water
- Stay home when you are sick
- Cover your cough and sneeze, preferably with a barrier like a tissue or the sleeve of your shirt versus bare hand or not covering at all
- Wipe down shared work spaces and commonly touched items with a disinfectant
- Individuals with underlying health issues should avoid situations that put them at increased risk for more severe disease. This entails avoiding crowded places, avoiding non-essential travel such as long plane trips, and especially avoiding embarking on cruise ships.
- Stay informed from a credible source such as CDC, MDH, ICPH, and Healthcare
- The CDC does not recommend the use of masks for those who are not sick. “A facemask should be used by people who have COVID-19 and are showing symptoms”, and “health workers and other people who are taking care of someone infected with COVID-19 in close settings (at home or in a health care facility).”
- Follow travel restrictions or recommendations from CDC Travel Warnings

- o Level 3: China, South Korea, Iran, and most of Europe
- o Level 2: Global. At this time there is evidence that COVID-19 is spreading in most regions and has been characterized as a pandemic by the World Health Organization.
- o Since older adults and people of any age with serious chronic medical conditions are at higher risk for severe disease, people in these groups should discuss travel with a healthcare provider and consider postponing nonessential travel
- o “CDC recommends travelers, particularly those with underlying health issues, defer all cruise ship travel worldwide.” <https://wwwnc.cdc.gov/travel/page/covid-19-cruise-ship>

Thank you,

Isanti County Public Health COVID-19 Team