

FOR IMMEDIATE RELEASE:

November 5, 2020

CONTACT:

Sarah Reese, Polk County Public Health Director
218-281-3385 office, sarah.reese@co.polk.mn.us

Sarah Kjono, Norman-Mahnomen Public Health Director
218- 784-5434 office, sarah.kjono@co.norman.mn.us

Polk County Public Health and Norman-Mahnomen Public Health Asks for the Community's Help to Slow the Spread of COVID-19

Our communities have seen a rapid rise in individuals testing positive for COVID-19. This has resulted in slower test results, delay in investigation calls, and positive individuals self-notifying their close contacts and employer. Together We Can do our part to help slow the spread in our community by following these guidelines.

If You are Sick:

Stay home and get tested. While awaiting test results continue to stay home. You should isolate/separate yourself from others in your home, if at all possible (see Isolation Calendar). If you have COVID-19 or have symptoms but do not get tested; stay home until all three of these are true:

- At least 10 days since your symptoms first started; and
- Fever-free for 24 hours, without using fever reducing medicine; and
- Symptoms of COVID-19 are improving.

Contact with Someone who has COVID-19:

A close contact is someone that has been within 6 feet of a person with COVID-19, for an accumulative total of 15 minutes or more during their infectious period. The infectious period is 2 days before the symptom onset or the testing date if you did not have symptoms. If you meet the definition of a close contact stay home and monitor your health for 14 days **after** your last day of exposure (see Quarantine Calendar). It is encouraged to get tested a week after last exposure. Regardless of a negative test, you still need to quarantine for 14 days.

Now more than ever, we need to work together to slow the spread. Please continue to practice social distancing, avoid gatherings, wear a face covering, wash your hands for 20 seconds, and be alert for symptoms. Thank you for keeping our family, friends, and neighbors healthy and safe. Together We Can get through this as a community.

Local public health is here to answer your questions and provide resources.

Visit the Polk County Coronavirus Response Hub (<https://coronavirus-response-pcg.hub.arcgis.com/>), the Minnesota Department of Health (<https://www.health.state.mn.us/>) and Centers for Disease Control and Prevention (<https://www.cdc.gov/>) websites for more COVID-19 information. Follow Polk County Public Health and Norman-Mahnomen Public Health on social media for local updates.