



LE SUEUR COUNTY PUBLIC HEALTH

Public Health
Prevent. Promote. Protect.

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PRESS RELEASE

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Le Sueur County COVID-19 case update and message from Le Sueur County Public Health

The first Le Sueur County COVID-19 case was identified on March 22. Since that time, over the course of the last week, Le Sueur County Public Health has been notified by the Minnesota Department of Health (MDH) of an additional 10 cases of lab confirmed COVID-19. MDH does not release specific case information to protect the identity and privacy of the individuals. Aggregate data regarding the Le Sueur County cases that can be shared at this time include: none of the cases were hospitalized, all are recovering at home and following isolation guidance from MDH, and ten of the cases had contact with a lab confirmed case.

“Even though 10 of the 11 Le Sueur County cases had contact with a lab confirmed case, we need to emphasize that COVID-19 is circulating in communities across Minnesota, that community transmission is happening and the cases confirmed by testing are a fraction of the true number of cases,” says Cindy Shaughnessy, Le Sueur County Public Health Director.

Le Sueur County Public Health wants to take this opportunity to stress to the public the importance of taking COVID-19 community mitigation strategies seriously and to follow the executive orders of the Governor. Follow *Stay Home MN* and practice social distancing when leaving the house for essential activities, or when going to work as an essential employee. These measures will help to slow the spread of COVID-19 and prevent overwhelming our healthcare system. Go to *Stay Home MN* website: <https://mn.gov/governor/covid-19/>

Actions that all of us can take to do our part in making a difference include: wash your hands frequently, use hand sanitizer if handwashing is not available, don't touch your face, cover your cough/sneezes, practice social distancing by staying 6 feet away from people you do not live with and stay home unless you need essential supplies or are deemed an essential employee.

COVID-19 symptoms can include fever, cough and shortness of breath. Stay in touch with your doctor. Call before getting medical care. The current guidance from MDH if you become ill and are able to manage your illness at home, is to stay home at least 7 days and 3 days with no fever (without fever reducing medication) and improvement of respiratory symptoms, whichever is longer. MDH hotline for the public with questions is 651-201-3920 (7am-7pm).

Go to the CDC and MDH websites for the most up to date information about COVID-19:

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>

COVID-19 Information is also posted on the **Le Sueur County website** www.co.le-sueur.mn.us news flash section and on the **Le Sueur County Public Health Facebook** page