



# Novel Coronavirus or COVID-19

Updated 3/18/2020

Minnesota Department of Health

PROTECTING, MAINTAINING AND IMPROVING THE HEALTH OF ALL MINNESOTANS

# Novel Coronavirus or COVID-19

- COVID-19 is a viral respiratory illness caused by a coronavirus that has not been found in people before
- Coronaviruses are a large family of viruses; they cause about 1/3 of cases of the common cold
- Because this is a new virus, there are many things we are still learning about it

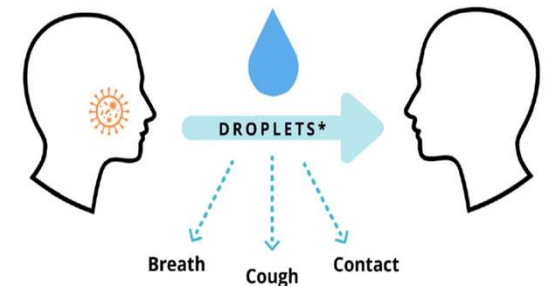
# Symptoms and Spread of COVID-19

## Mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath
- May also have muscle aches, headache, sore throat and/or diarrhea
- Symptoms believed to start 2 to 14 days after exposure

## Person-to-person spread:

- Close contact (within about 6 feet)
- Respiratory droplets produced when an infected person coughs or sneezes



\* Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible to spread COVID-19 by touching a surface that has the virus and then touching your own mouth, nose, or eyes, but this is probably not the main way the virus spreads

## What EVERYONE Can Do

- Stay home when sick with cold or flu-like symptoms
- Cover your cough
- Wash your hands well
- Don't touch your face – especially eyes, nose and mouth

Take the same precautions you would to avoid colds and flu.



**Wash your  
hands.**



**Stay home  
when sick.**



**Cover your  
cough.**

# Testing for COVID-19

- Who can be tested?
  - Testing right now is limited to highest priority cases, including hospitalized patients, health care workers, and those in congregate living setting like long-term care facilities.
  - Consider other cough and fever illnesses, like influenza, too.
    - If patients with COVID-19 symptoms are not able to be tested, they should isolate themselves from household and intimate contacts for 14 days.
- What is the testing process?
  - Your health care provider will test you and send it to one of the labs running tests in Minnesota.
  - The lab sends the results back to your provider and your provider will call you.

# Situation in the World and U.S.

## Spread of Coronavirus – as of March 18

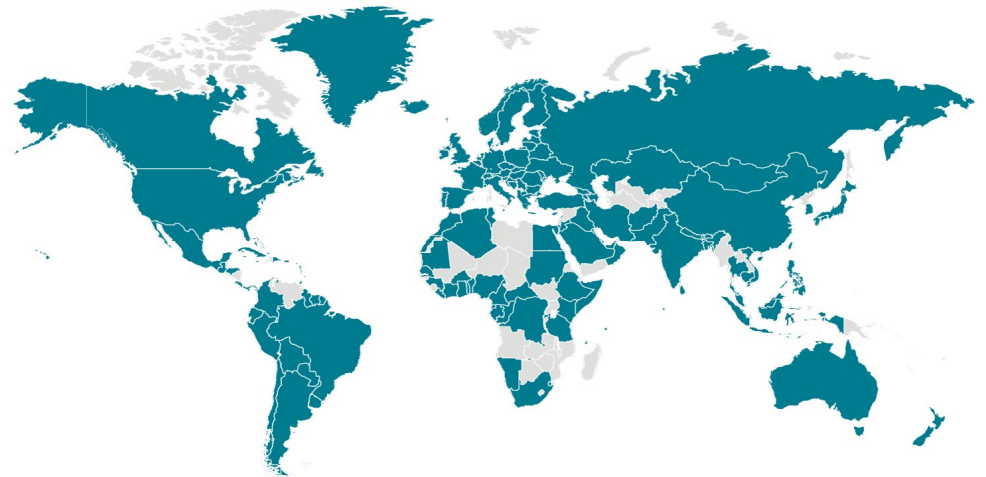
Cases confirmed in many other countries

- More than **179,000 cases** and more than **7,400** deaths around the world

COVID-19 in US (**50** states, D.C., and Puerto Rico)

- More than **7,000** cases and **97** deaths

Locations with Confirmed COVID-19 Cases



<https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html#map>

# Minnesota Situation

- The first case in Minnesota was reported on March 6, 2020
- Testing is available through health care providers for patients who meet specific criteria.

## As of March 18, 2020

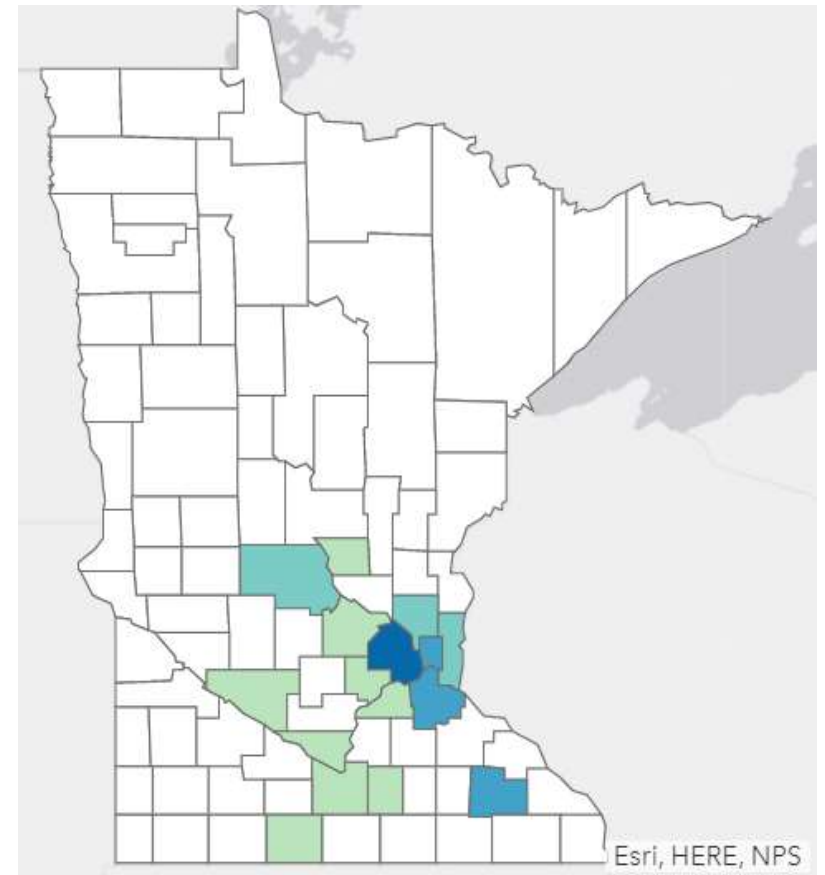
### Positive

Counties: Anoka, Benton, Blue Earth, Carver, Dakota, Hennepin, Martin, Nicollet, Olmsted, Ramsey, Renville, Stearns, Waseca, Washington, Wright

77

**Approximate number of patients tested at the MDH Public Health Lab**

2762





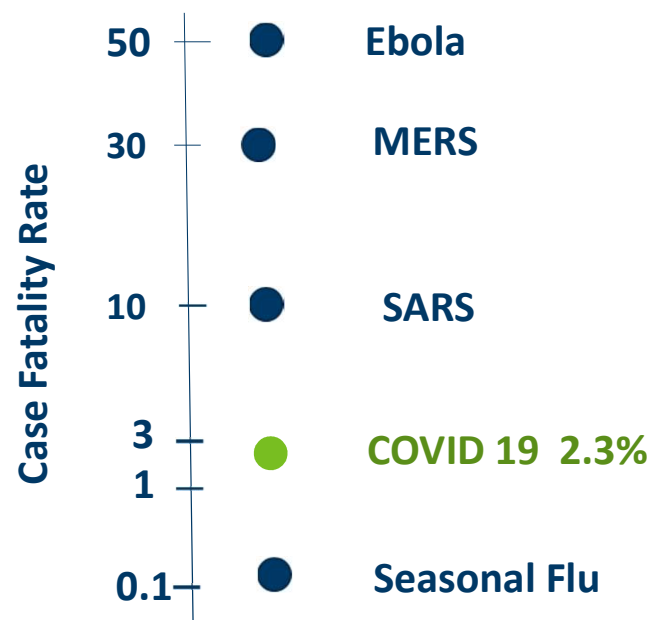
# What We Have Learned about COVID-19 from China

- About 80% of cases are mild (no pneumonia or mild pneumonia)
- 14% of cases are severe (difficulty breathing, need urgent medical help)
- 5% of patients admitted to ICU
- Estimated mortality rate of 2.3%
- Higher risk: older age, health problems (heart or lung disease, diabetes), healthcare workers





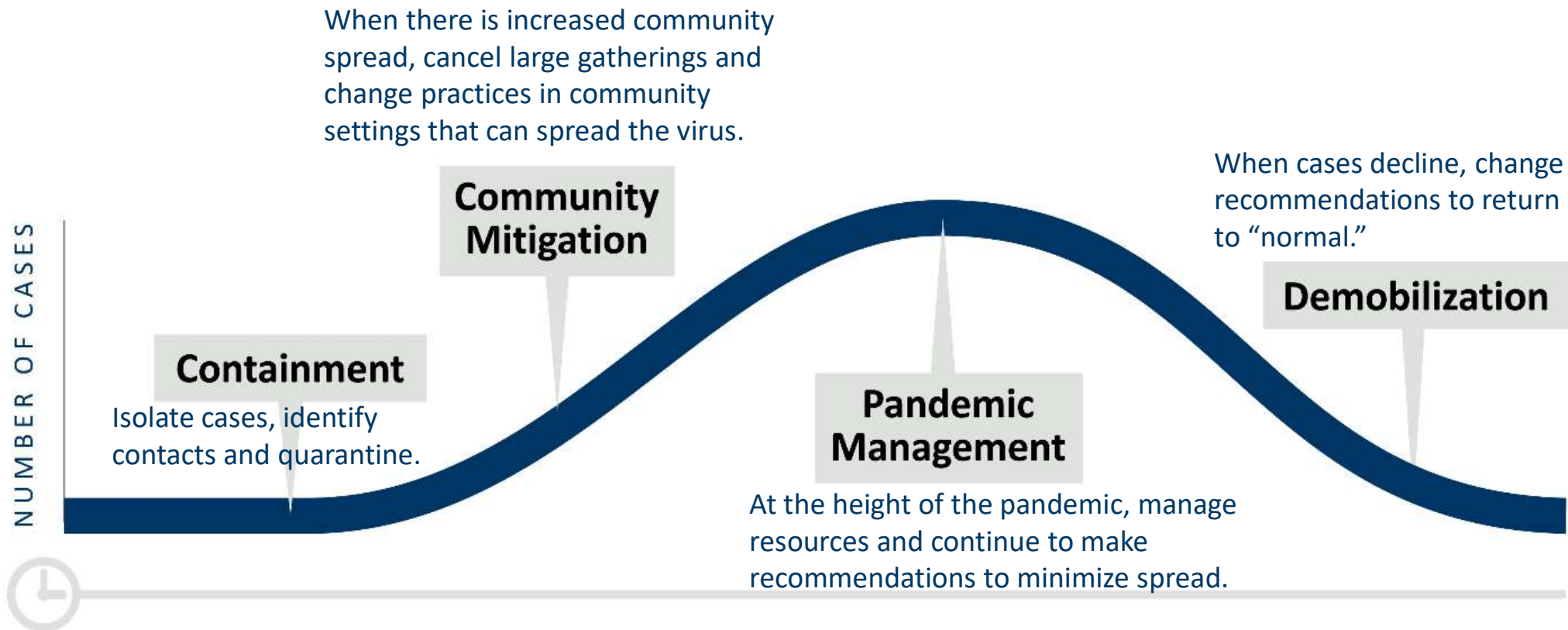
# How Does COVID-19 Compare to Other Diseases?



Estimated case fatality rate for COVID-19 is 2.3%

- Seasonal flu 0.1%
- SARS 10%
- MERS 30%
- Ebola 50%

# Steps in Managing a Pandemic



# Steps in Managing a Pandemic

- **Containment** (handful of cases):

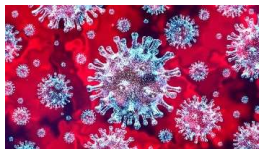
When there are only a few cases, we focus on keeping affected people away from others. Isolation can be scary and lonely; call and use social media to connect with people who have to stay at home.

- **Community mitigation** (multiple cases from different areas/exposures):

Close schools temporarily, limit public gatherings, promote virtual faith services, Skype or FaceTime rather than visit in person, get creative about how to stay connected while keeping a social distance of 6 feet and not touching

- **Pandemic management** (widespread transmission – hundreds or thousands of cases across the state):

Manage limited resources; continue isolation. This can be a very stressful time. Stay in contact with people, limit the amount of news you watch, get info from MDH and CDC. Get support from professionals, your faith community, or others if you become too stressed or sad.



## Current US Response

- Slow the spread of COVID-19
- Minimize the number of deaths
- Minimize impact on health care system
- Residents advised to limit travel abroad
- Residents advised to consider COVID-19 when traveling within US
- Travelers returning to US may be screened and asked to self-quarantine

Travel advisories: [www.travel.state.gov](http://www.travel.state.gov)

Travel within the US: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

CDC general travel Information: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>



# What Minnesota Is Doing

## Working Together to Slow the Spread of COVID-19 in Minnesota

### Community Mitigation

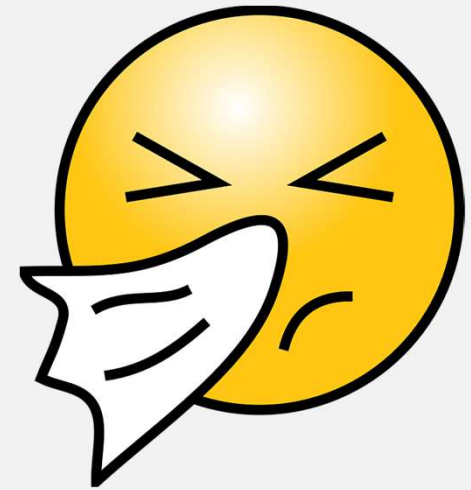
- Limit public gatherings
- High-risk people stay at home when possible
- Closing schools and preparing for distance learning

### Clinical Steps

- Health care providers identify patients for COVID-19 testing
- MDH works with hospitals and other care settings

# What To Do If You're Sick

- **Stay home**
  - Avoid public areas and public transportation
  - Stay away from other people as much as possible
- **Seek medical care if needed**
  - When possible, call your clinic or the ER before going in
- **Cover your coughs and sneezes with a tissue or your elbow**
- **Wash your hands well (for 20 seconds) and often**
- **Clean surfaces that are touched often, and don't share personal items with other people**
- **Drink plenty of fluids, rest, take pain and fever medications**
- **There is no vaccine or specific treatment at this time, just supportive medical care**



# How to Prepare

- **Work:** Consider work from home or different hours to limit time spent with other people
- **Childcare:** Make back-up plans for care since schools and many childcare providers are closed
- **Food and Supplies:** Keep extra canned and packaged food and basic supplies (toilet paper, etc.) in case you become sick or have trouble getting them later
- **Medications:** Make sure you have a full supply of medications you need and usual over the counter medications
- **Resources:**
  - CDC “How to Prepare”: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/index.html>
  - MDH “Prepare and Prevent”: <https://www.health.state.mn.us/diseases/coronavirus/prevention.html>



# Equity Issues Related to COVID-19

- The worldwide health crisis of COVID-19 is happening in the context of a worldwide crisis of health inequities
- Factors such as race and income level are associated with worse health, and worse health means greater risk from COVID-19
- Much harder for people experiencing inequities to prepare and respond
  - Without paid (or unpaid) time off, people can't stay home or risk losing a job or housing
  - People who rely on public transportation and live in more crowded conditions are less able to practice social distancing
  - Food insecurity for children and adults may be even worse during the outbreak

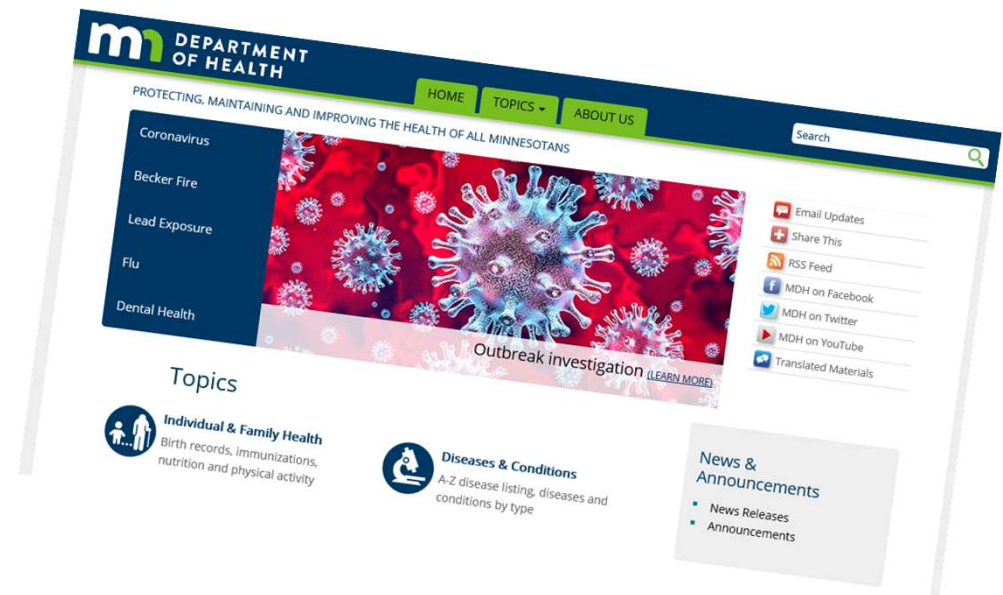
# Where to Find Information

## Find good information:

CDC website ([www.cdc.gov](http://www.cdc.gov))

Minnesota Department of Health website ([www.health.state.mn.us](http://www.health.state.mn.us))

Beware of wrong  
and false  
information!!



# MDH Resources in Other Languages



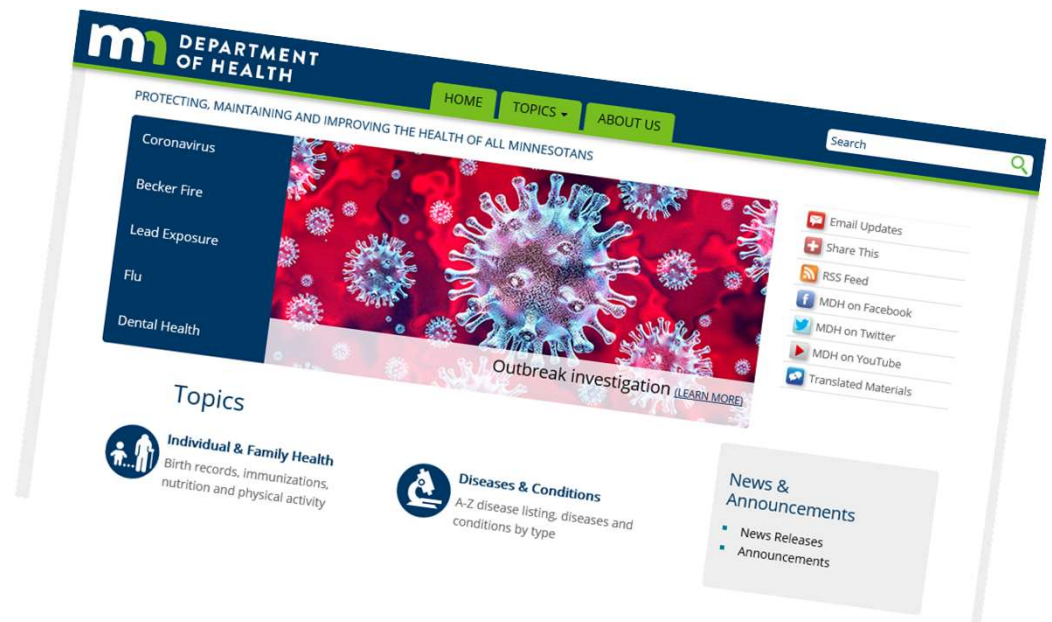
- All COVID-19 materials and resources:  
[www.health.state.mn.us/diseases/coronavirus/materials/index.html](http://www.health.state.mn.us/diseases/coronavirus/materials/index.html)
- Links on this page to Hmong, Spanish and Somali pages
- Translations into multiple languages

Video PSA



# Call MDH with Questions

- **Public Hotline:**  
**651-201-3920**
- **Community mitigation**  
(Schools, child care,  
business) questions:  
**651-297-1304 or 1-800-657-3504**
- **Health Care Provider Hotline:**  
**651-201-3900**



# Thank You!