



During a pandemic, personal, community, and environmental preparedness are critical. Acting now can help protect you and those you care about.

BEFORE someone in your household is exposed to COVID-19: PLAN

Develop a plan of action with your household contacts and neighbors

- Plan for those who are more likely to experience complications from COVID-19 illness
- Identify ways to access resources in your community
 - o Call the Minnesota Department of Health Coronavirus Hotline: 1-800-657-3903
 - o Follow your local community's Facebook pages
- Develop an emergency contact list
- Stay informed on the local COVID-19 situation
 - o <https://www.crowwing.us/1582/COVID-19-Coronavirus-Information>

Practice good health habits

- Avoid close contact with people who are sick
- Stay home when you are sick, unless emergency medical care is necessary
- Cover your coughs and sneezes
- Wear a mask/cloth face covering in public
- Clean high-touch surfaces frequently (remote controls, door handles, light switches, etc.)
- Wash your hands with soap and water for at least 20 seconds after touching your face, before eating, and after using the bathroom, or use a hand sanitizer that contains at least 60% alcohol

Purchase a two weeks' stock of necessities

- Non-perishable food
- Soap, hand sanitizer, and cleaning supplies
- Pet supplies
- Baby supplies
- Medication you take regularly or may need if you get sick
- Thermometer
- Brain stimulating activities

Designate an isolation room

- Decide what bedroom/bathroom could be used if someone in your household gets sick
- If close contact is necessary between you and other household members, wear masks
- Clean high touch surfaces frequently, as noted above
- Wash your hands or use hand sanitizer, as directed above

Plan for changes with work

- Discuss working remotely and understand your sick leave options with your employer
- If someone in your house gets COVID-like symptoms, stay home for at least 14 days



IF someone in your household is symptomatic or exposed to COVID-19: ACT
Isolation and quarantine guidelines <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>

- Isolation – people showing COVID-19 symptoms
- Quarantine – people exposed to COVID-19 but not showing symptoms

Reach out to neighbors, friends, and family

- If you or someone in your household becomes sick, you may need help from others to get essential items like medication and food
- Maintain social connectedness using technology (Skype, FaceTime, etc.)

Continue practicing everyday preventative actions

- Avoid close contact with people who are sick
- Stay home when you are sick, except to get medical care
- Cover your coughs and sneezes
- Clean high-touch surfaces frequently
- Wash your hands or use hand sanitizer, as directed above

Learn about testing options

- Many facilities are testing symptomatic individuals; an appointment may be required
- Testing in Minnesota: www.mn.gov/covid19/for-minnesotans/if-sick/

Inform your workplace and/or children's childcare facility

- If you're not feeling well or have been exposed to someone with suspected/known COVID-19
- If your child is sick or has been exposed to someone with suspected/known COVID-19
 - o For further guidance, call MDH's Childcare Hotline:
1-800-657-1304

If you are showing some symptoms of COVID we recommend you schedule an E-visit with a medical provider.

- Patients with a good internet connection can do this from home
- Devices that may be used include a laptop with a camera and microphone or a smartphone
- To schedule an E-visit go to:
 - o **Essentia Health:** <https://www.essentiahealth.org/services/virtual-video-visits/> or call 1-844-663-1068. To talk to someone about qualifying for a COVID test call 1-833-494-0836
 - o **CRMC:** Call 218-546-7000 and ask to be schedule for a virtual visit. For patients who have no internet access, or feel their internet might not support a visit, CRMC has designated parking spots outside of the Care Center left of the main entrance canopy to use while attending these virtual visits.
 - o **Lakewood Health:** Call 218-894-1515 and ask to schedule a virtual visit.



Other Resources

Crow Wing County

- Please call 218-824-1250 for benefits questions and to set up an appointment
- You can email any correspondence and questions you may have to CWCSS@crowwing.us
Feel free to fax us at 218-824-1141
- Utilize the brown drop box in front of our building; it will be picked up every 2 hours during the day
- You can find applications on our website www.crowwing.us
 - o Click on "Residents" then click on "Financial Assistance"
 - o Under "Applications" is [Apply online](#) the link which will direct you for applying for cash, food car, child care and emergency assistance.
 - o For health care click on the [MN Sure](#) link which will redirect you to www.mnsure.org
 - o For Crow Wing Energized for food resources/mental health: <http://crowwingenergized.org/covid-19/>

State of Minnesota

- Situation summary: www.health.state.mn.us/diseases/coronavirus/situation.html
- Strategies to slow the spread: www.health.state.mn.us/diseases/coronavirus/action.html
- Protecting yourself and family: www.health.state.mn.us/diseases/coronavirus/prevention.html
- Mental wellbeing: www.health.state.mn.us/communities/mentalhealth/support.html
- Schools and childcare: www.health.state.mn.us/diseases/coronavirus/schools/index.html
- Businesses and employers: www.health.state.mn.us/diseases/coronavirus/businesses.html
- Unemployment: www.uimn.org/

Centers for Disease Control & Prevention: www.cdc.gov/COVID19

- Situation summary: www.cdc.gov/coronavirus/2019-nCoV/summary.html
- Prevention/Treatment: www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html
- Get your home ready: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/get-your-household-ready-for-COVID-19.html
- Pregnant women and COVID-19 FAQs: www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html

