

Rice County Public Health was notified today by the Minnesota Department of Health (MDH) of a second lab confirmed case of COVID-19 in Rice County.

Limited information indicates the confirmed case is in their 30's with transmission linked to travel within the United States. This person was not hospitalized and is in isolation at home.

Rice County Public Health continues to work with MDH and local health care partners to address the needs of those who are ill in our community.

Minnesota currently has 235 lab confirmed cases of COVID-19, with cases indicative of community transmission.

MDH and Governor Walz have implemented community mitigation measures to help slow the spread of COVID 19 in Minnesota. This is for the health and safety of everyone. The goal is that these measures will help slow the spread of infectious disease and place less demand on the health care sector so the most seriously ill people get the supportive care they need.

It is very important for those who are sick with respiratory symptoms or fever and feel they can manage their symptoms to stay at home for 7 days after illness onset, or 72 hours after resolution of the fever, whichever is longer. If you are older or have underlying medical conditions, it may be helpful to let your health care provider know you are sick. They may have some specific advice for you.

For those who are so ill they need to seek medical attention, call ahead and your medical provider will tell you what to do.

Public Health officials continue to recommend that anyone 70 years and older, and those with underlying health conditions stay home as possible, and avoid gatherings and other instances of potential exposures, including travel.

Reminders of what you can do:

Avoid close contact with people who are sick

If you are sick, keep your distance from others to protect them from getting sick

Wash your hands often and thoroughly with soap and water

Cover your coughs and sneezes

Stay home when you are sick

Avoid crowds and maintain social distancing of 6 feet

Stay informed

The most up to date information about COVID-19 can be found on the MDH and CDC websites:

CDC website on Coronavirus Disease 2019 (COVID-19):

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Minnesota Department of Health - Coronavirus Disease 2019 (COVID-19):

<https://www.health.state.mn.us/diseases/coronavirus/index.html>