



PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: November 11, 2020

COVID-19 IS ON THE RISE IN OUR COMMUNITY

With rising COVID-19 cases in Crow Wing County, public health want you to be aware of important information related to COVID. If you are symptomatic or have been exposed to a COVID-19 positive person, start quarantine and get tested. If exposed to positive person, get tested 5-7 days after exposure or if symptoms start. Symptoms can include sore throat, dry cough, trouble breathing, loss of taste and/or smell, etc.

While you await your COVID-19 test results, stay home. We want to reduce the spread and staying home is an effective way to do this. Reach out to family, friends, neighbors, and colleagues that you may have interacted with so they may quarantine for 14 days to help prevent the spread of COVID-19. Close interaction generally means being less than 6 feet from someone with COVID-19 for 15 minutes or more throughout a 24-hour period. However, even shorter periods of time or longer distances can result in spread of the virus.

Once you receive your test results, keep the following in mind:

- If your test results come back **positive**, remain in isolation for at least 10 days, you are 24 hours fever free, and your symptoms are improving. Also, answer call from your local public health department for case investigation to assist with isolation guidance and preventing spread of COVID-19.
- If you receive a **negative** result, this means you do not currently have COVID-19. However, you could still be exposed or become sick at any time. You should continue to take steps to protect yourself and others from COVID-19. If you develop symptoms of COVID-19, talk to your doctor or other health care provider about getting tested again.
- If you had a **negative test but know you had a positive exposure**, continue to quarantine for 14 days after your exposure date as you may still become ill with COVID-19 during the 14 day timeframe.
- If you test **negative and did not have a known positive exposure** and you have symptoms, you may have another illness. Stay home until you no longer have symptoms.
- If you **test negative, did not have a known exposure and have not symptoms**, you can end your quarantine.

What do we mean when we say quarantine and isolation?

Quarantine keeps someone who might have been exposed to the virus away from others.

Isolation keeps someone who is infected with the virus away from others, even in their home.

<https://www.health.state.mn.us/diseases/coronavirus/waiting.pdf>

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Our Vision: Being Minnesota's favorite place.

Our Mission: Serve well. Deliver value. Drive results.

Our Values: Be responsible. Treat people right. Build a better future.



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