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### **Second confirmed case of COVID-19 in a Red Lake County resident**

The Minnesota Department of Health (MDH) has notified Inter-County Nursing Service of a second laboratory confirmed COVID-19 case in a Red Lake County resident. The individual is in their 80's and the exposure is likely from the community, the person is not currently hospitalized. We wish the individual a quick and full recovery.

The Minnesota Department of Health is conducting contact investigations on laboratory confirmed cases. Identified positive cases are isolated to prevent further spread of disease in the community and close contacts identified during the contact investigation are quarantined for 14 days at home and monitored by MDH.

Inter-County Nursing Service has been anticipating, planning for, and are prepared to respond to the COVID-19 outbreak. The health and safety of the residents in Red Lake and Pennington County remains a priority amongst all partners. Inter-County Nursing Service will continue to work closely with our community partners during this response.

The residents in our community have an exceptional responsibility and accountability to limit the spread of COVID-19 in our community. Continue to follow the stay at home order. Plan and identify for family or a friend to assist in going out in public and getting supplies if you are sick. Disease can easily spread when people gather together. To stay safe, avoid going out unless it is for essential items, work, or leisure outdoor activities, keep a distance of 6 feet from other individuals, and wear a face covering when going out. Wash your hands often, cover coughs and sneezes, and avoid touching eyes, nose and mouths with unwashed hands.

In a majority of cases, COVID-19 causes mild or moderate symptoms, such as fever, cough and shortness of breath. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia. If you are experiencing difficulty breathing or severe illness that you cannot manage at home, call your health care provider.

Follow Inter-County Nursing Service on Facebook for updated information and ways to help protect yourself and others. Also see MDH website <https://www.health.state.mn.us/diseases/coronavirus/>  
For Mental Health concerns and support: Northeastern Mental Health Center 218-281-3940 or crisis hotline 800-282-5005

#### **MDH COVID-19 Hotlines**

##### **Health questions:**

651-201-3920 or 1-800-657-3903  
7 a.m. to 7 p.m.

##### **Schools and child care questions:**

651-297-1304 or 1-800-657-350  
8 a.m. to 6 p.m.