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FOR IMMEDIATE RELEASE: 5/18/20

Pennington County COVID-19 update

Inter-County Nursing Service has received notification from the Minnesota Department of Health (MDH) of a lab-confirmed COVID-19 case in Pennington County. The individual is in their 20's and has been advised to isolate. The lab-confirmed case total for Pennington County is two.

Although the lab-confirmed case total remains low in our area, it continues to be widespread throughout the state and surrounding areas. As we begin to re-open our communities and have more interaction with one another, the disease is likely to spread.

As a reminder, COVID-19 is a highly contagious disease that is spread easily by person to person contact. The following should still be considered as we continue to slow the spread:

- Wash your hands often.
- Get tested when sick.
- Maintain social distance.
- Wear a mask.
- Stay at home as much as possible.

As we support local businesses re-opening, please make sure to follow all recommendations that the business has put into place to keep yourself and others safe.

Pay attention to your mental health and reach out for support if you need it.
Northwestern Mental Health Center: 218-821-3940 or crisis hotline 800-282-5005
Minnesota Warmline, someone to talk to for non-emergencies 651-288-0400, or
Text: "Support" to 85511

For general health-related questions about COVID-19 call MDH's hotline:
651-201-3920 or 1-800-657-3903
Weekdays: 8 a.m. to 6 p.m.
Weekend: 8 a.m. to 4 p.m.

For essential service needs, call Inter-County Nursing Service 218-681-0876
Monday – Friday 8am -4:30pm