

CentraCare Health COVID19 Update:

<https://www.centracare.com/about-us/news-publications/covid-19/>

How to Seek Care During COVID-19

We know these are times of uncertainty, but your health and safety are most important to us. If you need to seek care for yourself or a member of your family, please consider the following options:

- Call [CentraCare Connect](#) at 320-200-3200 to speak with a nurse, 24/7.
- Visit [CentraCare eClinic](#) for an online, phone or video visit, 24/7. COVID-19 screening visits are now FREE.
- To ensure that patients with chronic conditions get the care they need during the COVID-19 outbreak, CentraCare is now offering video visits. [Learn more](#)

Please note! To reduce the spread of COVID-19 and support local grocery stores, CentraCare quickClinic locations are closed until further notice. This action benefits grocery store workers and supports the entire community in maintaining a safe shopping environment. [Learn more](#)

Testing for COVID-19

If you think you have COVID-19, the best way to protect yourself is to stay home and isolate yourself from others. Because of a national shortage of testing supplies, we, along with health care systems everywhere, are not able to test patients unless they are hospitalized. Our Emergency Rooms are open 24/7 for severely ill and critically injured patients. If you are seeking to get tested for COVID-19 and only have mild symptoms, call CentraCare Connect at 320-200-3200 before heading to an Emergency Room.

If you have symptoms and are not eligible to be tested, do the following:

- Self-quarantine for 7 days after your first day of symptoms OR self-quarantine for 3 days after your fever and shortness of breath have stopped
- During self-quarantine, avoid all public places, family and other people in your home
- Family members and other people in your home should also limit contact with others and avoid public places as much as possible.

New Visitor Policy

We are no longer allowing visitors at CentraCare hospitals, long-term care facilities, senior housing, hospital outpatient departments, ambulatory surgery centers, and sites where individuals are housed in large numbers. After careful consideration, we made this difficult choice because our top priority must be the safety of our patients, staff and communities.

Visitors impacted by this policy include patient family and friends, students, volunteers and non-essential contracted vendors. Exceptions will be made for patient/resident family members under special circumstances.

Rescheduling of Outpatient Clinic Visits and Elective Procedures

CentraCare, like most major health systems in Minnesota, is canceling and rescheduling patients who have elective procedures, surgeries or physicals/well exams.

If you or your loved have an upcoming appointment for any of the following, you will likely be getting a call soon to reschedule:

- Elective patient procedures/surgeries

- Most physicals and well exams, including pediatrics
- Chronic visits that can be postponed or carried out by phone or video
- Many outpatient rehab appointments

Your safety is our utmost importance. That's why we are taking every precaution during this time to reduce the impact of COVID-19. If you have an appointment or elective procedure scheduled, we will contact you in the next several weeks to reschedule.

CentraCare will also be screening patients at the front door before they enter clinic locations.

After entering, patients must practice social distancing, keeping a distance of at least 6 feet from others, if possible. CentraCare facilities will work to separate patients with symptoms of respiratory illness from other patients.

Frequently Asked Questions About COVID-19 (Coronavirus)

The COVID-19 outbreak is a rapidly evolving situation and CentraCare is taking steps to help control the spread and care for those who will be affected. The World Health Organization has now identified the spread of COVID-19 as a pandemic. We are working closely with the [Minnesota Department of Health](#) and the [Centers for Disease Control and Prevention](#) for the latest information on the COVID-19 outbreak.

What follows are some common questions from patients and families. To view more information, download our COVID-19 (Coronavirus) patient education sheet (PDF) in [English](#) or [Spanish](#).

What are the symptoms?

The severity of COVID-19 symptoms can range from very mild to severe. The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath

Who is at higher risk for getting COVID-19?

- Older adults
- People who have serious chronic medical conditions such as heart disease, diabetes or lung disease

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

How is COVID-19 spread?

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

How can I protect myself and my family from COVID-19?

- Wash your hands thoroughly with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

How can I talk to my children about COVID-19?

The uncertainty around COVID-19 has many adults feeling anxious. And it can be especially troubling to children. See a recent [blog post from Jill Amsberry, DO, about talking to your children about COVID-19](#).

Resources

[Centers for Disease Control and Prevention](#)

[CDC: Frequently Asked Questions and Answers on COVID-19](#)

[Minnesota Department of Health](#)

COVID-19

- [Community Donations](#)