

# NORMAN – MAHNOMEN PUBLIC HEALTH

*Communities where all people have opportunities to achieve their optimal health and well-being.*

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## Health officials confirm first case of COVID-19 in Norman County

The Minnesota Department of Health (MDH) has confirmed the first case of COVID-19 in Norman County. The individual in their 20's without history of travel. The individual is isolated at home and being monitored by MDH.

Norman-Mahnomen Public Health is working in partnership with MDH to manage identified COVID-19 cases in the county. As we all work together to slow the spread of the virus, public health urges everyone to continue following preventative measure to protect yourself and others such as washing your hands with soap and water for 20 seconds, avoiding close contact with people who are sick, covering your cough and sneezes, cleaning and disinfecting commonly touched surfaces, staying home if you are sick and practicing social distancing. We also continue to encourage everyone to follow the Governor's Stay at Home order which is in place until May 4<sup>th</sup>.

If you are experiencing symptoms that you suspect are related to COVID-19, please call your local healthcare provider. Norman-Mahnomen Public Health is available to answer COVID-19 questions and connect residents to essential services such as grocery or medication delivery by calling 218-784-5425, Monday to Friday from 8:00 a.m. – 4:30 p.m. The Minnesota Department of Health has a COVID-19 Hotline available by calling 1-800-657-3903. The hotline is available 7 days a week from 7 a.m. – 7 p.m.

Norman County is also accepting donations of Personal Protective Equipment (PPE) by calling Essentia Health at 218-784-5253. We are accepting donations of masks (N95, surgical, grain and homemade), hand sanitizer and gloves. These donations will support our local medical personnel, law enforcement, fire departments and first responders.

For the latest information on COVID-19 visit MDH at [www.health.state.mn.us/diseases/coronavirus](http://www.health.state.mn.us/diseases/coronavirus), CDC at [www.cdc.gov/covid19](http://www.cdc.gov/covid19) or the Norman County website at [www.co.norman.mn.us/covid19](http://www.co.norman.mn.us/covid19).

Please follow Norman-Mahnomen Public Health on Facebook, Instagram and Twitter for the latest local updates.