

FOR IMMEDIATE RELEASE:

April 28, 2020

CONTACT:

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Minnesota health officials confirm case of COVID-19 in Wadena County

The Minnesota Department of Health (MDH) has confirmed a presumptive case of COVID-19 (coronavirus) in Wadena County. They will work with the identified case and their close contacts; and will follow up with additional people who may be at risk. Please note that all data are preliminary and may change with additional case investigation.

“Regardless of whether or not further investigation will reaffirm this presumptive case of COVID-19 to be a resident of Wadena County, we know community transmission is widespread throughout Minnesota and with test capacity on the rise we are likely to see additional lab confirmed cases in our county,” said Cindy Pederson, Public Health Director. “Please understand that to protect privacy and as required by law, any identifying information about persons with lab confirmed disease can’t be shared.”

“Our sincere wishes to this individual for a quick recovery. While we understand a first confirmed positive case may increase concern about the COVID virus; our county departments, community partners and medical partners have been preparing for this for weeks,” said Chuck Horsager, Wadena County Board Chair. “We encourage everyone to continue to follow the recommendations on how best to protect themselves and help contain the spread of this virus.”

Recommendations include:

- Stay at home if sick
- Wash hands frequently with soap and water for at least 20 seconds or use hand sanitizer
- Cover coughs and sneezes with a tissue or your elbow
- Avoid touching mouth and face
- Wear a face covering in public and when it is difficult to practice social distancing of at least 6 feet
- Practice general good health behaviors, including staying hydrated and well-rested
- Follow any “Stay at Home Minnesota” orders that are in place

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.

Health related questions about COVID-19 virus can be directed to the Minnesota Department of Health hotline at 651-201-3920 or 1-800-657-3903, open from 8am to 6 pm; or to Wadena County Public Health at 218-631-7629 open from 8am to 4:30pm Monday through Friday. Anyone with clinical questions about the COVID-19 virus, such as identifying symptoms or whether testing is needed, can direct questions to their medical provider by phone or by “virtual clinic” options. Check your health care provider’s website for available options.

People can also visit <https://www.health.state.mn.us/> or <https://www.cdc.gov/> and click into coronavirus for the latest information.