

Who We Are:

Introduce Yourself:

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Why We Are Here:

We are here to talk to you about the COVID 19 Virus, also called the Corona Virus. We want to help you understand more about this illness, and how you can best protect yourself and others. We also would like to talk to you about what you should do in the possibility that you or someone you care for starts to feel ill.

Q 1: How is Illness 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, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
 - You can also be aware to wash your hands when handling items coming into your house, like mail, deliveries, medication bottles and groceries. You can wipe down packaging on items that come into your home. Wipe down really commonly touched areas with disinfectant, diluted bleach (1/3 cup of bleach per gallon of water, or 4 tsp of bleach per quart of water, never mix with other cleaners).

Q 2: What are the most common symptoms of COVID-19 Virus?

- You may have some, all, or none of these symptoms but the most common are; fever, shortness of breath, sore throat, a dry cough, diarrhea, and sometimes a loss of the ability to smell without having a stuffy nose. It is important to remember that you do not need to have all of these symptoms to determine that you should isolate yourself from others.

Q 3: Who is Most at Risk for Contracting the Illness?

- People who have not isolated themselves and are coming into contact with others or places where others have recently been – in apartment complexes this means the elevator, hallway door handles, shared laundry rooms, common rooms, etc.

- People who live in densely populated spaces – like the apartment complexes or other large apartment complexes where many people live close to one another.
- People who have limited mobility or who cannot avoid coming into close contact with others who may be infected, such as direct support providers and family members
- People who have trouble understanding information or practicing preventive measures, such as hand washing and social distancing.

Q 4: Who is at Most Risk for Serious Complications?

- Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness.
- Some people with disabilities who may not be able to communicate their symptoms of illness and do not seek medical help when they need it.
- We do not currently know if pregnant people have a greater chance of getting sick from COVID-19 than the general public nor whether they are more likely to have serious illness as a result. Based on available information, **pregnant people seem to have the same risk as adults who are not pregnant.**

However, we do know that:

- Pregnant people have changes in their bodies that may increase their risk of some infections.
- Pregnant people have had a higher risk of severe illness when infected with viruses from the same family as COVID-19 and other viral respiratory infections, such as influenza.

Q 5: What should you do if you are living with or have been close to someone with COVID or COVID symptoms?

- You are at higher risk of getting COVID infection.
- You should isolate yourself at home immediately.
- Take your temperature two times a day and monitor yourself for symptoms of dry cough and shortness of breath.
- Stay at home for 14 days AFTER the sick person has not had a fever for at least 3 days AND other symptoms (cough, shortness of breath, body aches) have improved.
- If you are feeling breathless with walking or at rest, have difficulty swallowing or difficulty drinking enough fluids please reach out to your Urgent Care provider.
- Possible COVID 19 symptoms that would lead you to seek care in the Emergency room or call 911 are difficulty breathing that is leading to gasping or breathing very quickly at rest or with minimal activity (like walking to the bathroom or speaking a few sentences).

Q 6: How can you minimize your risk of getting COVID if you are living with someone who may have COVID?

- Stay in another room or separate as much as possible.
- Use a separate bedroom and bathroom if possible.
- The sick person should wear a facemask or face covering when they are around you. If they cannot wear a facemask, you should wear one when around them.
- Try to have good airflow in the home, open windows if weather permits.
- Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your mouth, eyes and nose with unwashed hands.
- Do not share dishes, glasses/cups, silverware, towels, bedding. Wash those used by sick person with hot water and dish soap or in dishwasher.
- Clean all surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards at least once per day.
- Wash laundry often.

Q 7: Is there a way for someone who speaks only Somali to keep up to date with accurate information?

Yes, you can sign up for text message alerts from WellShare and Darul Hijrah in Somali. It is free.

Text the word YES to (612) 474-2290.

Q 8: If I think I or someone I am caring for may have the COVID virus but I am not sure, what should I do?

1. **If you are feeling sick with fever, cough, or shortness of breath, DO NOT GO TO THE EMERGENCY ROOM UNLESS YOU CANNOT AVOID DOING SO. The ER may be busy with the sickest people, and that might put you at unnecessary risk. Instead:**
 - Call your doctor and describe your symptoms, they will advise you about the best way to get care or help you over the phone. If you do not speak English well, see if you can set up a conference call or if you are living with someone already and they speak English, have them translate for you on the call.
 - When speaking to your doctor or a medical staff person let them know the symptoms you have, when they started, if you have taken your temperature and what it is, if you

have traveled recently or been in contact with anyone suspected or known to have COVID 19.

- If you do not have a doctor or are unable to reach yours, for those that use MHealth Fairview health in MN in phone 1-855-324-7843. The answering service has a triage protocol for non-English speaking patients. They pull in the interpreter and then schedule a virtual urgent care visit. The doc then calls them back at the scheduled time.
- There is also the Minnesota Department of Health number you can call for health related questions, interpreters in Somali and Oromo are available.

MDH Health Line

651-201-3920 or 1-800-657-3903

7 a.m. to 7 p.m.

Q 9: If you call your doctor/nurse for support what information should I have ready with you for that call?

- Make sure you know the last time you took temperature and what that temperature was."
- Have you been in contact in the last two weeks with anyone else that is sick?
- Be ready to list any chronic conditions (high blood pressure, diabetes, etc.) and medications, any immune system problems (i.e. immunocompromised, e.g. caused by things like cancer treatment),
- What is your living situation (nursing home, assisted living, group home; living with someone who is immunocompromised)
- Your most updated contact info and perhaps immediate family contact information

Q 10: How Can the MDH Health Line Help Me?

They are all public health professionals not necessarily a doctor or nurse but they are very knowledgeable about the COVID Virus.

- People are calling them primarily to talk about:
 - To talk about the symptoms they have
 - Whether testing for the virus is available
 - Issues related to child care
 - Issues related to being sick and whether or not one should go in to work.
 - What to do if you cannot reach a doctor

This team has the most updated information and they can get you to the right people regarding your specific issue.

Q 11: If I Have Mild Symptoms, How Do I Decide When I Should Seek Medical Help?

If it is you that is sick, ask yourself, “If I felt this way one year ago, before the COVID virus was around, would I have gone in to see a doctor? Would I have called 911?” If yes, you should go. If no, you should consider waiting. That said, people who need care, should seek care.

Q 12: What if I am feeling sick with other symptoms?

DO NOT GO TO THE EMERGENCY ROOM IF YOU CAN AVOID DOING SO. The ER may be busy with the sickest people, and that might put you at unnecessary risk. Instead:

- Call your doctor and describe your symptoms.
- If you do not have a doctor or are unable to reach yours, phone an urgent care clinic, or your local community clinic for advice.
- Reiterate that now is a very good time to sign up for health insurance if you can.
- Most primary care clinics now offer phone visits or video visits for general care, please continue to look after yourself and seek care for your usual health conditions, this will help to keep you well. There might be things you have previously sought care for at the ER for, that primary care could help you with. Please reach out to your local primary care clinic for guidance. You can usually sign up to a primary clinic the same day you need care.

Q 13: What is the best way to protect myself and my family from the illness?

Prevention. First and best is Prevention.

- Everyone who is in your home should avoid leaving that home for the next weeks. This is why the governor has extended the “Stay At Home Order” to at least May 4th. This is the best chance to avoid spreading the illness.
- Also, if you do leave to a clinic, for groceries, or other important need, be sure to:
 - Keep physical distance of 6 ft from others, this is to protect you and them.
 - Do a good job of covering your mouth if you cough or sneeze.
 - Do not touch your face, eyes, mouth, nose while you are out and not until you are home and have had a chance to wash your hands.
 - Wash your hands with soap and water as soon as you are home. Try to touch as little as possible before you’ve washed your hands.
 - Wash your hands thoroughly for 20 seconds.