



United Way
of Steele County

Steele County COVID-19 Health Resources Updated April 8, 2021 (3:45 pm)

Volunteer United:

Local volunteer opportunities can be found [here](#).

2-1-1 Coronavirus Resources & Information:

211 Information and Resources can be found [here](#).

If you need assistance finding food, paying housing bills or other essential services, dial **2-1-1, 651-291-0211** or **1-800-543-7709** or Text 'MNCOVID' to **898211** and a Certified Community Resource Specialist will help to locate available resources in your area.

COVID-19 Vaccinations



[Sign up here](#)

Find Vaccine Locations

This tool is intended to help Minnesotans more easily find and connect with local vaccine providers in their area. There is still a limited amount of vaccine, so appointments may not be available everywhere.

Minnesota is shipping more doses of COVID-19 vaccine to clinics and hospitals across the state specifically for those aged 65 and over. You can now connect directly with your local health care



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provider to schedule an appointment to get your vaccine. [Use our new vaccine locator map to find a provider that's convenient for you!](#)

[COVID-19 Community Vaccination Program Frequently Asked Questions](#)

All vaccinations are by appointment only, and each provider manages its own schedules and appointments. Not all providers are offering appointments to people in all priority groups. Please contact providers to confirm vaccination location and hours, that they have vaccine doses and appointments available, and that you are eligible for vaccination at that site. More info [here](#).

MINNESOTA COVID-19 TESTING SITES

The [State of Minnesota's COVID-19](#) website now has a webpage dedicated to 'If You Are Sick' and contains information on what the symptoms are of COVID-19 and what you should do if you're sick, and a screening tool to determine if you should get tested, and find a testing location near you.

Find Testing Locations

Translations for content on this page

- [Find Testing Locations - Hmong \(PDF\)](#)
- [Find Testing Locations - Somali \(PDF\)](#)
- [Find Testing Locations - Spanish \(PDF\)](#)

Find a testing site that is convenient for you. For more information, please see our [Frequently Asked Questions about COVID-19 Testing](#).

Where can I go for a test?

COVID-19 Community Testing Sites and Events

All COVID-19 testing is free at a Minnesota Department of Health community testing event. We are always planning more community testing events across the state, working together with communities to make sure everyone can get tested.

- You won't need to show identification.
- Tests are free, and insurance is not required.

[Find Nasal Swab Community Testing Events](#)

[Find Saliva Community Testing Sites](#)

MINNESOTA CORONAVIRUS (COVID-19) HOTLINES

- **CLUES-Comunidades Latinas En Servicio COVID-19 Hotline:** Call or text (651)768-0000 8:30 am – 5 pm Monday – Friday. Provides information about COVID-19 resources, how CLUES programs and services are being affected, and what additional community resources are available.



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- **Minnesota Attorney General's Office:** Call or [submit an online complaint form](#) to report COVID-19 fraud (651)296-3353 or (800)657-3787 8 am – 4:30 pm Monday – Friday
- **Minnesota Department of Health COVID-19 Hotline for Community Mitigation (Schools, Child Care, Business) Questions:** Call (651)297-1304 or 1-800-657-3504 8 am – 6 pm/7 days a week
- **Minnesota Department of Health COVID-19 Hotline for Health and Testing Questions:** Call (651)201-3920 or 1-800-657-3903 7 am – 7 pm/7 days a week
- **Minnesota Department of Health COVID-19 Hotline for Housing Questions:** Single Family Residences: (651)296-8125 or Multi-Family Residences: (651)297-4455 8 am – 5 pm Monday – Friday
- **Minnesota Department of Health WIC Office:** WIC Agency directory with COVID-19 specific information
- **Minnesota Department of Human Rights Discrimination Helpline:** Call (833)454-0148 8 am – 4:30 pm Monday – Friday or [Report Online](#). Translation/interpretation services available.
- **Minnesota Department of Public Safety Stay at Home Order Concerns:** (651)793-3746 sahviolations@state.mn.us

Mental Health and Crisis Resources

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Everyone reacts differently to stressful situations. Visit this [CDC](#) page to learn more about things you can do to support yourself and your loved ones. If you need to talk to someone, these resources are confidential and available for free 24/7:

- Call 1-800-273-8255 for the [National Suicide Prevention Lifeline](#)
- Text HOME to 741-741 for [Crisis Text Line](#)
- Call 1-800-985-5990 or text "TalkWithUs" to 66-746 for the [Disaster Distress Hotline](#)
- Call 1-800-488-7386, text START to 678-678 or click [here](#) to chat with [The Trevor Project](#) (for LGBTQ youth)
- Call 1-800-799-7233 or text LOVEIS to 22-522 to connect with [The National Domestic Violence Hotline](#)

Online Resources

- Child Mind Institute: [Talking to Kids About the Coronavirus](#)
- Healthline: [9 Resources for Coping with Coronavirus Anxiety](#)
- Junior Achievement of the Upper Midwest: [Online Resources for Parents](#)
- The National Child Traumatic Stress Network: [Parent/Caregiver Guide to Helping Families With the Coronavirus Disease 2019](#)
- National Public Radio (NPR): [Just For Kids: A Comic Exploring the New Coronavirus](#)
- PBS for Parents: [How to Talk to Kids About Coronavirus](#)
- Talking to Children About COVID-19: [A Parent Resource](#)



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- The Youth Mental Health Project: [COVID-19 and the Mental Health of Children](#)
- Zero to Three: [Answering Your Young Child's Questions About Coronavirus](#)

Warmlines

- **ICNA Relief National Helpline**
- Nationwide peer-support service which provides information and resource referrals to people facing difficulty due to the COVID-19 crisis
 - (844)412-9809
 - helpline@icnarelief.org
 - Hours of Operation: 8 am - 8 pm Monday - Friday
 - Languages include Arabic, Bangla, English, Hindi, Spanish and Urdu
 - Answer voicemails and emails within 24-48 business hours of receipt
- **Minnesota Warmline**
- Provides a peer-to-peer approach to mental health recovery, support and wellness. Calls, texts and chats are answered by a team of Certified Peer Specialists, who have first-hand experience living with a mental health conditions.
 - Call 651-288-0400 or 1-877-404-3190
 - Text "Support" to 85511
 - [Chat online](#)
 - Hours of Operation: 5 pm - 10 pm Monday – Saturday
- **National Alliance on Mental Illness (NAMI) Helpline**
- Volunteers are working to answer questions, offer support, and provide practical next steps and mental health resources. Does not provide mental health counseling, advice, personal advocacy or referrals to mental health providers or lawyers.
 - (800)950-6264
 - info@nami.org
 - Hours of Operation: 9 am - 5 pm Monday - Friday
- **Project Return: Peer Support Network Warmline**
- Non-crisis toll free line and is specifically, but not limited to, people who are coping with a mental health concern
 - Open: 9 am - 5 pm Monday - Friday
 - Warm Line English: (888)448-9777
 - Warm Line Spanish: (888)448-4055
 - Visit [website](#) for additional resources
- **Salvation Army Emotional and Spiritual Care Hotline**
- Staff available to talk, advise, and pray for individuals, families, and situations
 - (844)458-4673
 - Hours of Operation: 8 am - 8 pm Monday - Friday
 - Visit [online](#) for additional information
- **Minnesota Psychiatric Society COVID Cares Support Services**
- [Support Service Schedule and Volunteer Contacts](#)
 - Hours of Operation: 9 am - 9 pm/7 days a week
 - Offers 20-minute support services calls to support health care workers, first responders and essential personnel to manage the stress and emotional toll of being on the front



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lines of the pandemic. Volunteer providers are licensed psychologists, psychiatrists, therapists, alcohol and drug counselors, social workers, nurse practitioners, etc.

- **QuarantineChat**
 - Isolated people can talk with other isolated people at random
 - Works on the iOS and Android app Dialup
 - Visit [website](#) to sign up

MN Department of Health:

<https://www.health.state.mn.us/index.html>

MINNESOTA COVID-19 PUBLIC DASHBOARD

<https://mndps.maps.arcgis.com/apps/opsdashboard/index.html#/f28f84968c1148129932c3bebb1d3a1a>

Coping with Farm & Rural Stress

<https://www.mda.state.mn.us/about/mnfarmerstress>

Steele County Public Health:

The Steele County Community Resources can be found [here](#).

Allina Health: <https://www.allinahealth.org/coronavirus-covid-19>

The latest COVID-19 news

04/07/2021

[*CDC changes COVID guidelines for disinfecting homes and surfaces*](#)

04/07/2021

[*Concerns as COVID-19 hospitalizations rise*](#)

04/02/2021

[*Allina Health health care workers share emotional stories about COVID-19*](#)

03/28/2021

[*COVID-19 vaccines safe and effective for pregnant, lactating women*](#)

03/27/2021

[*No serious side effects detected so far in US-approved vaccines*](#)

Mayo Clinic Health Systems & Steele County Public Health:

<https://newsnetwork.mayoclinic.org/category/covid-19/>

COVID-19 Vaccine | GET IT | Why, where and how do I get it?

According to Dr. Gregory Poland, Mayo Clinic infectious disease expert, “[Our way out of this \(COVID-19 pandemic\) is getting a vaccine.](#)” Get it for family time. Get it for time with friends. Get it to come back. Get it to move forward. There are a lot of reasons to get the vaccine. Mayo Clinic Health System is currently vaccinating those who meet [Minnesota’s criteria for vaccination](#). Call



507-434-9929 to schedule an appointment if you meet these criteria. Vaccine supply continues to be limited. If there are no open appointments, continue to check back and consider these additional tools to help you find vaccine in your community:

- [Vaccine Spotter](#) is a tool that can help you track down COVID-19 appointment openings at Minnesota pharmacies (it's updated every minute).
- Follow [MN VAX Alerts](#) on Twitter and turn on notifications to know when something opens up.
- Register for [Minnesota COVID-19 Vaccine Connector](#) now available in English, Spanish, Hmong, and Somali.
- Connect with a [COVID Community Coordinator](#) that fits your needs with the ability to search by cultural community, language or county.

Community Resource Spotlight | Walk-in mental health center opening in Rochester in June 2021

The Southeast Regional Crisis Center (SERCC) is an innovative walk-in mental health center opening in Rochester. An impressive collaboration between several organizations, SERCC is operated by Nexus Family Healing. To get an understanding of the goals, challenges and overall outlook for the Crisis Center, SERCC would like to hear from you. This information gathered will help create outcomes and strategic directive that address the community need as a whole. [Complete the survey.](#)

Find Resources in Your Community: If you need to find resources in your community, the Aunt Bertha website connects communities to free or low-cost programs and services. [Search by your ZIP code](#) to find resources near you.

COVID-19 Quick Links:

[Sign-Up for our COVID-19 Newsletter](#) • [Follow us on Facebook](#) • [Self-Assessment Tool](#) • [Mayo Clinic COVID-19 Map](#) • [Mayo Clinic News Network](#) • [Mayo Clinic Health System COVID-19](#) • [MN Dept of Health](#) • [MN.gov/covid19](#)

American Red Cross: <https://www.redcrossblood.org/>

- Are you fully recovered from a verified COVID-19 diagnosis? If so, the plasma in your blood may contain COVID-19 antibodies that can attack the virus. This convalescent plasma is being evaluated as a possible treatment for currently ill COVID-19 patients, so your donation could help save the lives of patients battling this disease! It's a special gift only those who have recovered from the virus can give, so [sign up](#) to help today.

With thousands of blood drives cancelled during the COVID-19 pandemic, we are working hard to open new donation sites. If you don't see available appointments near you in the near future, please search 7-15 days out. The need for blood is constant - patients need your help.

- Blood Drive at Medford School
 - 750 2nd Ave SE



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- Medford, MN 55049
- 4/9/2021 | 9:00 AM - 1:00 PM
- Event Information and registration information available at:
 - <https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=55060>
- Blood Drive at Trinity Lutheran Church
 - 609 S Lincoln Ave
 - Owatonna, MN 55060
 - 4/14/2021 | 8:30 AM - 1:30 PM
 - Event Information and registration information available at:
 - <https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=55060>
- Blood Drive at Comfort Inn
 - 2345 43rd St NW
 - Owatonna, MN 55060
 - 4/23/2021 | 9:00 AM - 3:00 PM
 - Event Information and registration information available at:
 - <https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=55060>
- Blood Drive at Owatonna Community Education Building
 - 122 E. McKinley Street
 - Owatonna, MN 55060
 - 4/27/2021 | 10:00 AM - 4:00 PM
 - Event Information and registration information available at:
 - <https://www.redcrossblood.org/give.html/drive-results?order=DATE&range=10&zipSponsor=55060>

Rachel's Light: <https://www.rachelslight.com/>

- Volunteer opportunities can be found [here](#).
- We are accepting donations, Please contact one our donations coordinators Sarah Buttera or Jolene Balvitsch if you have a donation at: psbuttera@gmail.com or wholebodymindspirit@gmail.com.

Here at Rachel's Light we like to be prepared. Our community is so good to our shelter and we thank you for that. Please watch our Facebook page at <https://www.facebook.com/rachels.light2018> for most up to date donations needs. Our needs at the home change so quickly and we want all space in the home used for women and children so storage space is limited.

Catholic Charities of Southern Minnesota: <https://www.ccsomn.org/>

- We are conducting all appointments over the phone or video conferencing. We can be reached at 507-287-2047 or 800-222-5859, or email us at info@ccsomn.org



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Transitional Housing of Steele County: <http://transitionalhousingsc.com/>

- Contact 507-446-9315 for help.

SEMCAC: <https://www.semcac.org/>

- Effective immediately- COVID 19 Positive Client Transportation service is now up and running! This service is for non-emergency COVID 19 Positive Client Transportation or individuals suspected to be COVID 19 positive for only medical trips. Allowing access to medical clinics for testing, medical treatments, and Pharmacy pickups. The only limitation is the trip must be non-emergency and to or from medical services.
- For non-emergency COVID 19 Positive Client Transportation to medical services call Semcac Transportation Dispatch at: **1 (800) 528-7622, option 3**
- To be cognizant of health and recommendations to decrease the spread of illness, we are reducing in-person contact as much as possible. We ask that clients/constituents please call, email or mail communications instead of coming in-person if possible.
 - Phone: (507) 451-7134
 - owatonnacc@semcac.org
 - Fax: (507) 451-7210
- Volunteer delivery drivers needed for the Meals on Wheels program
 - SEMCAC is currently seeking volunteer delivery drivers to help cover the 9 local routes. Volunteers arrive at the site around 10:30AM to pick up a route to be delivered to clients' homes.
 - To volunteer contact Sandy Dodd at (507) 455-3195
- Additional information is available here: <https://www.semcac.org/covid19updates/>

Three Rivers Community Action Continuum of Care (COC):

<https://threeriverscap.org/continuum-of-care>

- Until further notice, all CoC meetings, trainings, events, and other gatherings that were scheduled as in-person events are on hold until further notice. When possible, we will reschedule activities as phone calls or web-based conferences, and we will be in contact regarding those arrangements. You may also reach out to make alternate plans for any meetings we may have with you.
- Coordinated Entry: Our homeless response system continues to operate because agencies and community members continue to serve their neighbors, and it is important that we continue to work together to help people access and maintain housing during this time.
- CoC staff employed by Three Rivers will continue their duties from home to support access to housing via Coordinated Entry, and no change is anticipated for referrals. Staff can still be contacted by email and phone as before, <https://threeriverscap.org/contact>.

Community Pathways of Steele County:

<https://www.communitypathwayssc.org/>



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- Unique Finds is now open at limited capacity. We ask that you pull up in front of the store and someone will give you directions. There will be 3 customers allowed in the store at a time, with a 15-minute shopping time. Thank you for your cooperation.
- Important Announcement: Our monthly food ordering process is changing. Please pull up front and call the number in front of the parking stall. We will take your order over the phone. Thank you for your cooperation!

Crisis Resource Center:

<http://www.helpinghandsofsteele.com/crisisresourcecenter.html>

- CRC's office is closed to the public, staff is working remotely but all services are still being offered either via telephone or teleconferencing. We are also attending court with clients as needed.

MN Prairie County Alliance: <http://www.mnprairie.org/>

- All MN Prairie Offices Temporarily Closed to the Public.
- MN Prairie staff will still be available through phone and email.
 - Health Access MN
507-589-8649
Info@healthaccess.mn

South Central Human Relations Center: <https://schrc.com/>

- South Central Human Relations Center is dedicated to ensuring for the safety and well-being of our clients and staff. To that end, we are committed to continuing to provide mental health and chemical health services to our clients. We remain open for business and are conducting services via telehealth (video and phone conferencing). If you have questions, or need to schedule an appointment, please call us at 507-451-2630 or 1-800-722-0590.

Exchange Club Center for Family Unity: <http://centerforfamilyunitymn.com/>

- We continue to provide all of our services, including Parent Mentoring, Supervised Visitations, and Safe Exchange following CDC guidelines.

Fernbrook Family Center: <http://fernbrook.org/>

- Fernbrook Family Center (FFC) is dedicated to caring for the health and safety of our clients and staff. As the guidance evolves for safely providing services during the ongoing COVID 19 pandemic FFC continues to evolve and adapt with it. We continue to practice the most up-to-date guidance for social distancing, sanitation, and the use of masks to keep our staff, clients, and communities safe. Our staff and clients have the opportunity to choose either telehealth or face to face services to support your mental health needs during these challenging times.

Hospitality House: <https://hospitalityhouseofowatonna.org/>



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- Hospitality House in Owatonna is currently in need of the following items:
 - Groceries or prepared meals
 - New toiletries
 - Laundry soap, clean bedding and towels
 - Laundered Men's jeans and jackets
- Contact Ashley Von Ruden (or) Angie Terpstra 507-444-4042

Center Clinic: <https://www.thecenterclinic.org/>

- Center Clinic provides reproductive health care, education and counseling for teens in an atmosphere of trust and acceptance.
- Please keep our services in mind as you work with youth and adults during these challenging times. We remain open and are here to help!
- To make an appointment call 507-633-9200.
 - We are open Mondays, Wednesdays and Thursdays 10:30 am - 4:30 pm.
 - Many services are available through telehealth, including mental health counseling.
 - Walk in visits are still available. Please call us before coming to the clinic. We can take care of many of your needs without needing to come to the clinic.
 - All services for teens are free of charge and confidential.
- Since 2004, Center Clinic has been there to meet the health needs of area teens. Please contact us if you have any questions or if you would like us to send you additional information about our services.

Furnishing Hope: <https://www.furnishinghopeowatonna.org/>

- Due to the COVID-19 pandemic, our normal hours of operation and standard operating procedures have been modified somewhat. Please submit your inquiries by using the "Contact Us" page on this website; we will try to respond within 48 hours of your submission. Thanks for your consideration and patience.

St. Vincent de Paul Society

- SVDP will resume providing free meals on Tuesday evenings, 5:30-6:30 pm, at St. Joseph's Catholic Church, 512 S. Elm Ave. This will be carry-out service only. No one (other than our worker volunteers) will be allowed into the building; rather, people can walk or drive up to the facility and receive a free, pre-packaged warm meal "to go" for as many people as are in the vehicle.

[Natural Mental Health Resilient Kids Summit](#)

- More information is available [here](#).



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Kids Eat Free!



Meal bundles are available
FREE of charge for all children
ages 1 - 18 until June 30, 2021!

Meal pick up will be on
Tuesdays & Thursdays from
8:30am-9:30am!

Meal Pick up Locations:

- McKinley Elementary - 1050 22nd Street NE - Main Entrance / Door #1
- Owatonna Middle School - 500 15th Street NE - Main Entrance / Door#1
- Owatonna High School - 333 E School Street - Door #16

No sign-up required

Questions? Email us at NutritionServices@isd761.org or call (507) 444-8616

This institution is an equal opportunity provider





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COVID-19 FACTS DEBUNKING MYTHS

RICE COUNTY PUBLIC HEALTH



1.22.2021

**CAN A COVID-19 VACCINE
MAKE ME SICK WITH COVID-
19?**

NO



None of the currently available COVID-19 vaccines contain the live virus that causes COVID-19. This means that a COVID-19 vaccine can't make you sick with COVID-19.

**AFTER GETTING A COVID-19
VACCINE, WILL I TEST
POSITIVE FOR COVID-19?**

NO



Vaccines in the United States will not cause you to test positive on viral tests, which are used to see if you have a current infection.

**IF I HAVE ALREADY HAD
COVID-19 AND RECOVERED,
DO I STILL NEED TO GET
VACCINATED?**

YES



Re-infection with COVID-19 is possible and vaccination is recommended for those who have been infected and recovered.

**WILL A COVID-19
VACCINATION PROTECT ME
FROM GETTING SICK WITH
COVID-19?**

90+%



COVID-19 vaccines developed are 90+% effective.

**WILL A COVID-19 VACCINE
ALTER MY DNA?**

NO



The first COVID-19 vaccines are messenger RNA (mRNA) vaccines. Injecting mRNA doesn't alter your DNA. Your cells get rid of the mRNA after they have used the instructions.

**WHERE CAN I FIND TRUSTED
SOURCES OF COVID-19
VACCINE INFORMATION?**



Centers for Disease Control
• cdc.gov/coronavirus/2019-ncov/vaccines/index.html

Minnesota Department of Health
• health.state.mn.us/diseases/coronavirus/vaccine/index.html



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HECHOS DE COVID-19 DESACREDITANDO MITOS

SALUD PÚBLICA DEL CONDADO RICE



1.22.2021

¿PUEDE UNA VACUNA DE COVID-19 HACERME ENFERMAR DE COVID-19?

NO



Ninguna de las vacunas COVID-19 actualmente disponibles contiene el virus vivo que causa COVID-19. Esto significa que una vacuna COVID-19 no puede enfermar con COVID-19.

¿DESPUÉS DE RECIBIR UNA VACUNA COVID-19, PROBARÉ POSITIVO PARA COVID-19?

NO



Las vacunas en los Estados Unidos no le harán dar positivo en las pruebas virales, que se utilizan para ver si usted tiene una infección actual.

SI YA HE TENIDO COVID-19 Y HE RECUPERADO, ¿TODAVÍA NECESITO SER VACUNADO?

SÍ



Re- infección con COVID- 19 es posible y se recomienda la vacunación para aquellos que han sido infectados y recuperados.

¿SERÁ QUE LA VACUNA DE COVID-19 ME PROTEGE DE ENFERMarme CON COVID-19?

90+%



Las vacunas de COVID-19 desarrolladas son 90+% eficaces.

¿UNA VACUNA COVID-19 ALTERARÁ MI ADN?

NO



Las primeras vacunas COVID-19 son vacunas de ARN mensajero (ARNm). Inyectar ARNm no altera el ADN. Sus células se deshacen del ARNm después de haber utilizado las instrucciones.

¿DÓNDE PUEDO ENCONTRAR FUENTES CONFIABLES DE COVID-19 ¿INFORMACION DE VACUNAS?

Centros para el Control de Enfermedades

• [cdc.gov/coronavirus/2019-ncov/vaccines/index.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html)

Departamento de Salud de MN

• health.state.mn.us/diseases/coronavirus/vaccine/index.html

XAQIIQADA COVID-19 FAAFINTA KHURAAFAADKA CAAFIMAADKA GUUD EE DAGMADA RICE



1.22.2021

**TALAALKA COVID-19
MIYAAN KU XANUUNSAN
DOONAA?**

MAYA



Midoodna Talaalada hada diyaarka inoo ah kuma jiro Fayraska Covid-19ka oo nool. Taas macnaheedu waa Talaalkaan Covid-19 ku, kuma galinayo Xanuunkii Covid-19ka.

**MARKII AAN TALAALKA
COVID-19KA QAATO KADIB
MA WAXAAN NOQON
DOONAA MID LAGA HELO
COVID-19?**

MAYA



Talaalada Marykanku kaama dhigidoo naan mid laga helo Covid-19. Baadhit aanada waxaa loo isticmaalaa in lagu ogaado caabuqa hada jira/socda .

**HADII UU MAR HORE IGU
DHACAY COVID-19KA OON KA
BOGSOODAY MIYAAN WALI
QAATAA TALAALKA COVID-
19KA?**

HAA



Re-infection with COVID-19 is possible and vaccination is recommended for those who have been infected and recovered.

**TALAALKA COVID-19 KU MA'
IGA DIFAACI DOONAA
INAANA KU XANUUNSANIN
COVID-19?**

90+%



Talaalka COVID-19 loo sameeyay waa mid wax qabadkiisu yahay 90+% boqolkiiba.

**HADII UU MAR HORE IGU
DHACAY COVID-19KA OON KA
BOGSOODAY MIYAAN WALI
QAATAA TALAALKA
COVID19KA?**

NO



Inuu markale kugu dhaco COVID-19 waa wax dhici kara, waxaana lays farayaa Talaalkana inuu qaato Qofkii hore ooga soo duudsaday xataa ama hore uu oogu soo dhacay.

**TALAALKA COVID-19 KU MA'
IGA DIFAACI DOONAA
INAANA KU XANUUNSANIN
COVID-19?**

Centers for Disease Control

• cdc.gov/coronavirus/2019-ncov/vaccines/index.html

Minnesota Department of Health

• health.state.mn.us/diseases/coronavirus/vaccine/index.html



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Steele County and Surrounding Areas

Dental clinics accepting NEW patients on Minnesota Health Care Programs or Uninsured

Made available by Updated January 25, 2021

Individuals on Minnesota Health Care Plans MA/MN or PMAP PLANS are encouraged to call the customer service or dental number on the back of insurance card for help with accessing dental care.

Minnesota Health Care Programs (MHCP) 651-431-2670 or 800-657-3739
South Country's Dental Member Service number: 1-800-774-9049 (TTY: 711)

MNsure Contact Center at 651-539-2099 or 855-368-7873.

PMAP telephone numbers: UCare Delta Dental: 1-855-648-1415 Medica: 1-800-459-8574, Blue Plus Delta Dental: 1-800-774-9049

Request an application by calling MinnesotaCare at (651) 297-3862 (Twin Cities Metro) or 1-800-657-3672 (toll-free). For TTY call 711 or 1-800-627-3529.

Transportation is also provided to dental services: UCare: 1-800-864-2157, Medica: 1-800-801-1805, Blue Plus: 1-866-340-8648, Straight MA 507-332-5995, South Country -866-567-7242 (TTY: 1-800-627-3529 or 711)

List of Dental offices accepting MA is based on those offices that report actively taking MA clients.
If you regularly attend a dental office, try to continue at that office as your first choice.

City	Address	Phone #	Notes
Steele County Dental Clinics			
Owatonna	Let's Smile, Inc. 155 Oakdale St. Community Pathways Building Owatonna, MN 55060 <i>Mobile community outreach: School-based dental clinics in Steele, Waseca, Rice, Winona, Fillmore, & Houston Counties</i>	507-363-3023	<i>Children and adolescents up to age 19: ALL services are no charge to families</i> Minnesota Health Care Plans (MHCP) including: -Blue Plus -Medicaid -Medical Assistance (MA) -SCHA -UCare -Uninsured *On-site in Community Pathways Building on Wednesdays Spanish interpreter available Se habla Español Community Outreach: oral health education presentations available in daycares, schools, and community events in Steele County
Owatonna	Steele County Free Clinic 134 Southview St. Owatonna MN, 55060 <i>As of January 2021, the dental clinic is closed. Expected re-opening in Spring 2021.</i>	507-214-8662	<i>ADULT</i> residents of Steele County, have no health/dental insurance, and live at or below poverty level *These are by appointment only. *Availability varies per month Offers exams, X-rays, cleanings, fillings, and extractions for adults that qualify. Leave your name, phone number, and reason why would like to be seen by the doctor or dentist. English or Spanish. Se habla Español
Owatonna	Dr. Kent Frette 805 Hillcrest Ave Suite #205 Owatonna, MN, 55060	507-451-8294	Accepts MA-SCHA-Ucare- Blue Plus-Medica- MN Select Dental services **There is a WAITING LIST for dental
Owatonna	Southeastern MN Oral & Maxillofacial Surgery Associates 605 Hillcrest Ave Ste 130 Owatonna, MN 55060	507-451-0290	Oral and maxillofacial surgery Accepts only Straight MA Other locations in Austin, Mankato, Red Wing, Rochester
WIC Dental Clinics			
Owatonna Dodge Center Waseca Le Center St. Peter Faribault Northfield	Steele County Public Health Dodge County Public Health Waseca County Le Sueur County Public Health Nicollet County Public Health Rice County Public Health Rice County Public Health	507-444-7660 507-635-6150 507- 835-0685 507- 357-8246 507-934-8262 (507) 646-8966 (507) 332-5906.	Services performed by Healthy Smiles, Inc. Dates vary; please call your county WIC Department to schedule. All state insurances as well as uninsured accepted at all locations. Interpreters available at all locations upon request. *Northfield location: First week of every month.



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Waseca County Dental Clinics			
Waseca	Waseca Family Dentistry 1505 N State St Waseca, MN 56093	(507) 833-1000	Accepts SCHA and uninsured
Rice County Dental Clinics			
Faribault	Southern Heights Dental Group 1575 20th St. NW, Suite 102 Faribault MN 55021	507-334-8433	Minnesota Health Care Plans (MHCP) including: -Blue Plus –Medica -Medical Assistance (MA) -South Country -Ucare Children up to the age of 18 will be seen by Dental Therapist <i>*Interpreters available: Spanish, Somali, and hearing impaired</i>
Faribault	Health Finders 1415 Town Square Lane Faribault, MN 55021 <i>Mobile community outreach: school-based dental clinics in Rice County</i>	(507) 646-8966	Minnesota Health Care Plans (MHCP) including: -Blue Plus –Medica -Medical Assistance (MA) -South Country -Ucare -No Insurance=Rice County residents only <i>*Interpreters: Somali available Se habla Español</i> <i>-Community Outreach: oral health education presentations</i>
Faribault	Southern Cities Clinic 400 4 th St NW Faribault, MN 55021	507-384-6830	Accepts: MA, Ucare, SCHA Disabled clients who have a mental illness or cognitive intellectual disabilities such as autism
Blue Earth County Dental Clinics			
Mankato	Pediatric & Adolescent Dentistry 212 Star St. Mankato, MN 56001	507-387-4078	Ucare 0-4 years old <i>* Interpreters: for Spanish and Somali available</i> Straight MA 0-18 years old SCHA 0-18 years old
Mankato	Open Door Health Center 309 Holly Lane Mankato, MN 56001	507-388-2120	Minnesota Health Care Plans (MHCP) including: -Blue Plus –Medica -Medical Assistance (MA) -South Country -Ucare Sliding fee scale available based on family size and income <i>*There is a WAITING LIST for dental services. *Interpreters: Spanish & Somali</i>
Mankato	Mankato State University* 3 Morris Hall Mankato, MN 56001	507-388-2147	Minnesota Health Care Plans (MHCP) including: -Blue Plus –Medica -Medical Assistance (MA) -South Country -Ucare <i>*Dental hygiene students provide: —Exams – Dental cleanings for adults and children– X-rays– Fluoride treatments– Sealants– Bleaching– Periodontal scaling and root planing—Perio-maintenance * During School year only (September thru May)</i>
Freeborn County Dental Clinics			
Albert Lea	Uptown Dental 141 E William Street Albert Lea, MN 56007	507-377-5033	Minnesota Health Care Plans (MHCP) including: -Blue Plus –Medica -Medical Assistance (MA) -South Country -Ucare <i>*If you don't have dental coverage, talk to us about other options, including interest-free Care Credit payment option. *Waiting list *Vietnamese language interpreter</i>



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Mower County Dental Clinics			
Austin	Children's Dental Health Services 111 Main St N Suite 204 Austin, MN 55912	507-529-0436 *This number will be answered at the Rochester location	Minnesota Health Care Plans (MHCP) including: -Blue Plus --Medica -Medical Assistance (MA) -South Country -UCare - No insurance? Grant funding used when available, Sliding fee scale based on income and family size always available. <i>Se habla Español</i> *Children and adolescents up to graduation of High School
Olmsted County Dental Clinics			
Rochester	Children's Dental Health Services United Way Building 903 West Center Street #130 Rochester, MN 55902 *Mobile community outreach: school-based dental clinics in Olmsted, Dodge, Goodhue, Freeborn, Mower, and Winona Counties.	507-529-0436	Minnesota Health Care Plans (MHCP) including: -Blue Plus --Medica -Medical Assistance (MA) -South Country -UCare -No insurance? Grant funding used when available, Sliding fee scale based on income and family size always available. <i>Se habla Español</i> *Children and adolescents up to graduation of High School
Rochester	Rochester Pediatric Dentistry 1705 S Broadway Suite B Rochester, MN 55901	507- 288-0102	Minnesota Health Care Plans (MHCP) including: -Blue Plus --Medica -Medical Assistance (MA) -South Country -Ucare -Uninsured=payment at time of services *Children up to the age of 8 years old
Rochester	Apple Tree Dental 973 Skyline Dr SW Rochester, MN 55902	507-424-1040	Minnesota Health Care Plans (MHCP) including: -Blue Plus --Medica -Medical Assistance (MA) -South Country -Ucare If no insurance-Affordable Plans based on income & family size available. *Adults: waiting list *Children & special needs up to the age of 18: no waiting list
Rochester	Community Dental Care 2120 US Highway 14E Rochester MN 55904	507-258-7934	Minnesota Health Care Plans (MHCP) including: -Blue Plus --Medica -Medical Assistance (MA) -South Country -Ucare - Uninsured patients, we offer a sliding scale based on income level and family size -Same day Emergency Appointments= call in the morning *Arabic, Spanish, Somali, Chinese, and Japanese language interpreters upon request
Rochester	Apollo Dental 300 43rd ST. NW Rochester, MN 55901	General: (507) 287-8320 Pediatrics: (507) 424-8181	Blue Plus & Ucare <i>Se Habla Espanol</i>
Rochester	Richard Cohen Dental 2112 Viking Dr NW Suite E, Rochester, MN 55901	507- 206-6780	Minnesota Health Care Plans (MHCP) including: -Blue Plus --South Country -Ucare If you don't have dental coverage, talk to us about Care Credit payment option.
Rochester	Rochester Community and Technical College Dental Hygiene Clinic Heintz Center, #216 1926 Collegeview RD SE Rochester, MN 55904	507-280-3169	Insurance plans: MN MA, and Minnesota Care are accepted. A modest fee is charged *Dental hygiene students provide: - Exams- Dental cleanings for adults and children- X-rays- Fluoride treatments- Sealants - Periodontal scaling and root planning - Perio-maintenance - Nitrous oxide and local anesthetic available <i>During School year only (September thru May)</i>



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Rochester	Good Samaritan 120 N Broadway (Street Level) Suite B Rochester, MN 55908 (located in the Salvation Army Building)	507-529-4100	Emergency clinic for extractions only Minnesota Health Care Plans (MHCP) including: -Blue Plus--Medica -Medical Assistance (MA) -South Country -Ucare They typically only see Patients in Olmsted or bordering counties. However, they might consider a Patient from a non-bordering county on a case by case basis (with referral) if there is an immediate dental issue and unable to access another resource.
Rochester	Affordable Dentures 3434 55th St NW Suite 100 Rochester, MN 55901	507-529-9442	- Only provides low cost dentures, x-rays, and extractions - Doesn't accept any form of insurance
Twin Cities Area Dental Clinics			
Burnsville	Dentistry for Children & Adolescents 14050 Nicollet Ave S Suite 100 Burnsville, MN 55337	952-435-4102	Accept all forms of MA <ul style="list-style-type: none"> Ask for Midday Special with the dental hygienist. M-TH from 10AM-12:30PM and receive 15% off payment day of services. (Not available in summer or holidays) If patient pays at visit, a 5% savings is offered. Registered with the state of Minnesota as a special needs clinic. Must have documentation of medical diagnosis from doctor stating autism, Downs Syndrome, cancer, etc.
Minneapolis	University of Minnesota Dental Clinics 515 Delaware St. SE 7th Floor - Moos Tower Minneapolis, MN 55455	Appointments: 612-625-2495 Emergency: 612-273-3000	Minnesota Health Care Plans (MHCP) including: -Blue Plus --Medica -Medical Assistance (MA) -South Country -Ucare CareCredit available for uninsured. No sliding scale services available. Urgent Care appointments: attempts are made for the same or next day appointments.
*Minneapolis	Community University Health Care Center 2001 Bloomington Ave Minneapolis, MN 55404	612-301-0918	Minnesota Health Care Plans (MHCP) including: -Blue Plus --Medica -Medical Assistance (MA) -South Country -Ucare No insurance=sliding fee based on income Emergencies= same day Interpreters: Spanish, Somali, Hmong, Vietnamese
St. Paul	Hope Dental Clinic 800 Minnehaha Ave E, Suite 465 Saint Paul MN 55106-4437	(651) 789-7605	We serve anyone who does not have dental insurance and cannot afford to pay for services at another clinic. All dental treatment is free. We do ask for \$20 per visit for administrative costs.
St. Paul	Community Dental Care 828 Hawthorne Ave E St. Paul, MN 55108	651-774-2959	Minnesota Health Care Plans (MHCP) including: -Blue Plus --Medica -Medical Assistance (MA) -South Country -Ucare Uninsured: may apply for sliding fee scale based on family size and income
Charitable Dental Resources			
Participating Clinics throughout MN	Give Kids a Smile Event in February	2-1-1 (united way) or 800-543-7709	Minnesota Dental Association's annual charitable program - Free care to children from families who face barriers to dental care. - In early February each year http://www.mndental.org/publichome/aboutus/givekidsasmile/



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Other Resources			
Dental Lifeline Network - Minnesota	Donated Dental Services (DDS) Dentists across MN volunteer to provide dental care. They do this for free to eligible applicants.	651-454-6290	<p>Eligibility: Applicants must lack adequate income to pay for dental care and:</p> <ul style="list-style-type: none"> - Have a permanent disability, or - Are elderly: age 65 or older, or - Qualify as medically compromised <p><i>If you have documentation from a physician stating that you cannot receive essential medical treatment due to your dental condition you can apply for the program.</i></p> <p>- Clients may be on MA or un/underinsured, as long as they qualify financially Website: https://dentallifeline.org/minnesota/</p>
Insure Kids Now	https://www.insurekidsnow.gov/coverage/mn/index.html		<p>- Search engine for providers with specified benefit plans Medicaid and the Children's Health Insurance Program (CHIP) provide no-cost or low-cost health coverage for eligible children in Minnesota. These programs provide health coverage for children so that they can get routine check-ups, immunizations and dental care to keep them healthy.</p>
Minnesota Dental Association	https://www.mndental.org/dentist_home/		<p>- Provides dental access resources around the state of Minnesota https://www.mndental.org/dentist_home/ (click on "resources for low-cost dental care" in the list towards the upper right of the page)</p>
Smiles Change Lives	Braces provided at various orthodontia		<p>- Application required, there is a waiting list. - Qualified individuals must: be 10-18 years of age, have a total household income at or below 200% of the Federal Poverty Level, and be willing to pay the \$30 application fee and the \$600 program administration fee (per child). Visit the link below to see the full list of qualifications, obtain an application and read more about this program. http://www.smileschangelives.org</p>