



Public Health
Prevent. Promote. Protect.

April 16, 2020

Dear Community Partner Organization,

I hope this week has gone relatively well for you. If you're encountering particular COVID-19 questions or challenges, please remember I am here as a resource for you and am available by phone or email, Monday-Friday, 8 a.m.-4:30 p.m.

A few updates for you this week:

- The stress we're all feeling is very real and is nothing to minimize. Whether you're feeling it build in yourself, or seeing it in others, here are some tips from the Minnesota Department of Health (MDH) on how to [manage stress, as well as good advice on mental health first aid](#).
- On a similar theme, if you're interacting with kids – whether through work or at home – here are [tips from MDH on how to help children and ourselves](#) to navigate these uncertain times.
- Do you need fliers or posters to share to encourage public health safety. MDH has a variety of [ready-made graphics and fact sheets that you can download](#) and use.
- We've added a [daily COVID-19 summary sheet](#) to our website with county-specific data. It's generally updated by mid-afternoon each weekday.

I will continue to contact you at a minimum of once per week to provide the latest updates. Thank you for your continued partnership. Together, we will get through this!

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[St. Louis County Public Health and Human Services](#)

is here to work alongside you as you navigate response to COVID 19. Your organization is a key partner in protecting and promoting community health!

As the COVID-19 situation rapidly evolves, find accurate, up to date information here:

[Minnesota Department of Health \(MDH\)](#)

[Centers for Disease Control \(CDC\)](#)

[St. Louis County COVID-19 information](#)
