

## **TRANSCRIPT FROM JULY 2 – TIM SIELAFF COVID 19 UPDATE**

Hello, I'm Tim Sielaff. I'm the chief medical officer for Allina Health. And what I'd like to do today is address a few questions that you all have had. The first question is, is it safe to see my provider? It is absolutely safe to see your provider during COVID-19, and we have a number of different ways to interact with the health care system. The first is through virtual visits. That's a video visit where you can meet with your provider face to face over an internet connection.

The safety of our patients and our staff is our top priority. We take every precaution to make sure that everyone is safe when visiting and receiving care at Allina Health. We have enhancements of our already exceptional cleaning practices in our clinics, and we physically distance so as to maintain consistency with the CDC recommendations.

The next question relates to testing for COVID-19. Right now, testing is available for individuals who have symptoms of COVID-19-- so fevers, chills, muscle aches, recent loss of a sense of smell or taste. And for patients who believe they have been exposed, either through a large gathering or by close proximity to an individual who is diagnosed with COVID-19. We have 11 testing sites across the Twin Cities, and that makes testing available to the majority of folks in the metro and regional areas. We have also expanded testing to the Penny George institute in our South Minneapolis neighborhood.

Another question relates to summer activities. It is certainly the case that we are getting out and about more now that the governor has relaxed the restrictions on our activities. It's important that we don't forget that the reason why COVID-19 did not explode in our communities is because of the excellent public health measures that we all participated in. We should not forget that those activities are what kept us from having a huge problem in Minnesota and will keep us, hopefully, in the future from having similar problems. So as we go out, if you're attending a backyard barbecue, a wedding, activities, really enjoy the outside, but do maintain a good understanding of the physical distancing and public health interventions that have kept us well to this point.

Let me end on a moment of gratitude and thank you, your families, your neighbors, and your communities for the work that you've done in maintaining the public health measures that have kept the Minnesota safe. In a sense, that's really whole-person care-- mind, body, spirit, and community all working together to maintain the health of our neighbors, our family, and ourselves. Thank you.