



OPINION

PILOT EDITORIAL

First COVID-19 case a model of courage, conviction, concern for his community

The man who holds the unwanted distinction of being Jackson County's first confirmed case of COVID-19 is a model of courage, conviction and concern for community.

With symptoms considered extremely mild by all accounts, Bau Phillips didn't have to get tested for COVID-19, but he did.

He didn't have to self-quarantine, but he did.

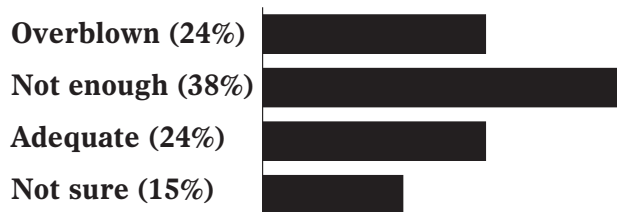
He most certainly didn't have to be named publicly as the first confirmed case of COVID-19 in the county, but he did, and he didn't have to share his story — that even strong, young, healthy people with barely a fever and barely a cough can be COVID-19 positive — but he did.

Hats off to Bau Phillips for having enough concern for his community to get tested and self-quarantine, for having enough courage to come forward publicly and for having enough conviction to share his eye-opening story with all of us.

Many of us are likely to follow Phillips in contracting this viral disease. May we all also follow his example in dealing with it.

LAST WEEK'S ONLINE POLL

Q: What do you think about precautions being taken to slow the spread of COVID-19?



Source: Jackson County Pilot Website

THIS WEEK'S ONLINE POLL

Q: What are you missing most in this time of social distancing?

Vote online at jacksoncountypilot.com.

EDITORIAL POLICY

The Jackson County Pilot welcomes letters to the editor. Letters must include the writer's name, as well as address and phone number for verification purposes. Letters should be brief, up to 300 words. The editor reserves the right to determine whether material submitted for publication shall be printed and the right to edit as needed. Submit letters in person at the Jackson County Pilot office, mail them to 310 Second St. in Jackson or email them to editor@livewireprinting.com. The deadline for letters is Monday noon. All submissions become the property of the Jackson County Pilot and may be published or otherwise used in any medium.

Desperate pleadings during times of trouble

As anyone still living knows, these are desperate times. If you are breathing, you know at least something about the coronavirus and COVID-19 by now.

It is not only the rapid spread of the disease that is troubling, but also the seemingly increasing variations of the symptoms that have every reasonably thinking person on edge.

And rightly so. First we were told it amazingly was not affecting children for some reason. Now I've read a 2-year-old child in Ohio has the disease. That is troubling to me, as my grandson, Andrew, just turned 2.

It was also stated the disease is most prevalent among those 70 years old or older. But then today I read a story stating it is now showing up in younger folks, as well,

which probably indicates this is just the tip of the COVID-19 iceberg.

Contemplating all of this, along with the complications it can cause, as well as threat of death, brought me to recalling Psalm 40 in the Bible, authorship of which is attributed to David, the giant slayer.

In the first two verses, the psalm reads, "I waited patiently for the Lord to help me, and He turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along."

A cry for help usually means a person has reached the limits of his or her abilities. And it often is a desperate pleading.

There are folks right now desperately pleading

for help — help to stop this pandemic, healing for those who have contracted this disease, help in keeping loved ones from contracting it and help financially amid workplace closures.

As for why David needed help, it is not clear from his psalm; but it could have been from King Saul, who was trying to kill David, or perhaps as he led his army in battle or possibly even over family problems.

No matter the circumstances of his situation, David waited patiently for a time while obviously telling himself to keep the faith.

So what happened to David? God acted, moving David to solid ground, steadying him as David walked away.

David's problem had been dealt with.

The lesson here for us all most likely is this: When we cry out to God for help, He helps us. Although you might have to wait a while, God's relief and help will come whether you or a loved one is sick, afraid of getting sick or reeling from financial loss or potential loss.

God is trustworthy and, as it says in His word, "our constant help in times of trouble."

Seek His help first.



OUT AND ABOUT Mike Jordan

Prevention is crucial — and uncomplicated

We are in unknown times that are scary to all of us. It is important we listen to the Center for Disease Prevention and Control and the Minnesota Department of Health. Prevention of COVID-19 is crucial and doesn't need to be complicated. We need to ensure hands are being washed with soap and water, coughs and sneezes are covered in the bend of the elbow and — most importantly — we are staying home when sick.

As of March 17, a shortage of COVID-19 testing supplies was announced. There is a national shortage of test reagents — the substance used for chemical analysis — and supplies. I know people who are displaying symptoms

want to be tested, but tests are limited and having a positive lab-confirmed test does not change the treatment. COVID-19 tests are being prioritized to those who are health care workers, hospitalized patients and those who live in long-term care facilities, assisted living, etc. If you do not meet one of the aforementioned categories, please do not go to the clinics or to emergency rooms expecting to be tested. It is imperative that we don't create unnecessary work or exposure to the staff or exposure to yourself. It is important we leave the clinics and emergency departments available to those who truly need them.

If you are sick with

respiratory symptoms such as a fever, cough, sore throat, etc., stay at home for at least seven days, plus an additional three days with no fever (without using fever-reducing medication). If you have symptoms you can manage at home, you don't need to seek health care or be tested. If symptoms worsen, call your health care provider before seeking in-person care.

Again, it is vital we are practicing and implementing social distancing and staying home when we are sick. Do not go the clinic or emergency room if you can manage your symptoms at home.

If you have any questions, please reach out to trustworthy resources such as the

Minnesota Department of Health and the Centers for Disease Prevention and Control.

MDH also has a hotline for people to call with questions; it is open 7 a.m. to 7 p.m. seven days a week. The number is (651) 201-3920.

Lastly, we know COVID-19 is in our communities. Social distancing works. Let's all help our hospitals, clinics and communities to remain as healthy as possible.

(About the author: Kelsey Andrews is public health director for Des Moines Valley Health and Human Services.)

GUEST COLUMNIST Kelsey Andrews

FACEBOOK

Jackson County has first confirmed case of COVID-19



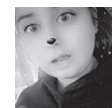
CRYSTAL DEHN Thank you Bau for getting tested and being proactive!! Also very glad you were a "mild" case; pray that remains the case!



KRISTY THURMER Thank you Bau for being transparent. Praying for your quick recovery!



CARRIE LEMONS One thing to remember just because you have symptoms DOES NOT mean you are guaranteed a test. If you don't meet criteria you don't get tested but rather are told to quarantine and if symptoms worsen to come back.



DESTINY BURG It wasn't going to be long it was only 45 min away from us and especially with everyone's attitudes against it. It was gonna happen.

They will rule out influenza and strep. If you are quarantined, you must also keep distance from others in your house as well as they can spread it just as easily and contract it from you. Test results due to supply shortages have been taking 4 to 5 days for results PLEASE DO NOT GO ALL OVER TOWN AFTER YOU HAVE BEEN TESTED. If you have been tested do not leave your home until your results come back negative.



BARB LACANNE Had the person been out of the country?



LAURA GREFE POTTHOFF Carrie Lemons - some test results are now taking 5-7 days due to back log!



NICK WEISBECK Dorene Nelson assume everyone has it. 6' apart



CARRIE JO I hope people follow Bau's steps if you feel like you might have the symptoms take the right steps get checked and stay home! And to everyone else please try not to panic and run to the stores, we are all going to get it but the more you are out running to the stores the more likely you will get it sooner then later. Just stay calm! And Bau hope your feeling better soon!



CARRIE LEMONS Barb LaCanne they are finding that it is now not only just related to travel but community acquired as well. Can't stress enough even if you feel well stay home



RACHEL KROSCH Barb LaCanne the article says he traveled for work.



MICHELE JOHNSON Only matter of time we'll all have, all the big factories running. Pray we all make it, some won't make it is the sad part. Live your life. Tomorrow is not a promise.



JOLENE BUTLER Barb LaCanne yes...what Nick said. More people have it than you or I know. Most will never know themselves.



CHRISTOPHER BECKER If you think there are only 4 or 5 or even 10 people that have it, you are delusional. I bet there are hundreds that have it and have mild or no symptoms at all. It's not "if" it's "when" you'll probably get it. In the meantime do your best to follow the established rules to try to slow it down so that the hospitals don't get overwhelmed.



DENISE WOLFF A good way to model impact of mitigation strategies (social distancing) <https://neherlab.org/covid19/>

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