Campus Community –

As the COVID-19 situation continues to evolve, we are constantly assessing our plans and making necessary adjustments to protect the health and safety of our students, our faculty, and our staff.

Travel Advisory
The Center for Disease Control and Prevention (CDC) has updated their COVID-19 Travel Information where most countries in Europe have now been designated along with China, Iran, and South Korea at Level 3 (Warning, Avoid Nonessential Travel) and the rest of the world, including the United States, has now been designated at Level 2 (Practice Enhanced Precautions). Full CDC travel guidelines are available here on their website.

If you have questions regarding exposure as a result of travel, Minnesota Department of Health (MDH) asks you to call 651-201-5414 or 877-676-5414 for guidance.

Self-Quarantine Effective Immediately for Travel from CDC Level 3 Destinations
Depending on an individual’s travel history, they may be asked to stay home for a period of 14 days from the time they left an area with widespread or ongoing community spread (CDC Level 3 Travel Health Notice).

- You can learn if the country you visited is on this list here: https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html
- During this quarantine period, you are not permitted to come to work, attend class in-person, or participate in any other campus or community activities.

If you are faculty or staff member that needs to self-quarantine after traveling, please notify your supervisor and notify Human Resources at hr@mnstate.edu or by phone at 218-477-2157. Supervisors, additional information will follow soon regarding faculty and staff work expectations for the coming weeks and the different accommodations available.

If you are a student that needs to self-quarantine after traveling, you will need to do so at an off-campus location as, unfortunately, the university does not have the capacity to provide self-quarantine locations on campus. If students need assistance to find a location to self-quarantine or need accommodations to self-quarantine, please notify the Dean of Students office. Please leave your name and Dragon ID at careteam@mnstate.edu or by phone at 218-477-2391. We are developing protocols for students returning to ensure that we know their recent travel status.
Social Distancing Effective Immediately for Travel from all Destinations, including the United States
If individuals have traveled to any other destination, to include the United States during the past 14 days:

- Monitor your health and practice social distancing.
- Social distancing means staying out of crowded places, avoiding group gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.

If you are a faculty or staff member that needs to stay home to monitor your health after traveling, please notify your supervisor and notify Human Resources at hr@mnstate.edu or by phone at 218-477-2157. Supervisors, additional information will follow soon regarding faculty and staff work expectations for the coming weeks and the different accommodations available.

If you are a student that needs to needs to monitor your health and practice social distancing after traveling, please notify the Dean of Students office. Please leave your name and Dragon ID at careteam@mnstate.edu or by phone at 218-477-2391. We are developing protocols for students returning to ensure that we know their recent travel status.

If You Get Sick
If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:

- Stay at home
- Avoid contact with others.
- Seek medical advice. Call ahead before going to a doctor’s office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Soap and water should be used if hands are visibly dirty.
- Do not travel while sick.

K-12 School Closures
We are aware that Governor Walz has just ordered a closure of Minnesota K-12 schools starting Wednesday, March 18. We are actively discussing the impact on our campus and will communicate as soon as we know more.

Prevention Tips
Please remember you can help prevent the spread of the virus by:
• Practicing respiratory (coughing and sneezing) etiquette
• Washing your hands
• Staying at home when you’re sick

For More Information & Support
• **Guidelines from MDH:** Information that MDH is making available for schools, colleges and universities is available on their website.
• **Info from Minnesota State:** The latest information on the Minnesota State response to the COVID-19 outbreak is available on their website.
• **Updates from MSUM.** You can find the latest updates on our website.
• **MSUM FAQ.** You can find our latest FAQ on our website.
• **Support.**
  o **Students:**
    ▪ [Dean of Students Office](mailto:careteam@mnstate.edu) by email at careteam@mnstate.edu or by phone at 218-477-2391 or
    ▪ Counseling Services by their [Student Intake Form](mailto:careteam@mnstate.edu) or by phone at 218-477-2211.
  o **Employees and family members:** The State of Minnesota Employee Assistance Program (EAP) provided by LifeMatters is available on their website (password stmn1) or by phone 800-657-3719.

I continue to serve as the primary contact on our campus in relation to the impact of COVID-19 and I will continue to send email updates. Please send any questions to [covid19questions@mnstate.edu](mailto:covid19questions@mnstate.edu).

Jean Hollaar
Vice President Finance & Administration
Minnesota State University Moorhead

[www.mnstate.edu](http://www.mnstate.edu)