Thursday, March 19, 2020

MSUM Colleagues,

A Minnesota State University Moorhead student has self-reported a case of COVID-19 (coronavirus) to our Dean of Students Office. The student has not returned to campus since spring break and is in self-quarantine. First and foremost, my thoughts are with this student and I know we all send our wishes for a speedy recovery.

I understand that this creates a new sense of unease for our Dragon family. This is our first notification of a case of COVID-19, and we are thankful to this individual for taking responsibility for reporting their condition. As access to diagnostics increases (both through clinical diagnosis and laboratory confirmation), so will the number of positive cases—both in the wider community and here at MSU Moorhead. If you feel ill, please take care of yourself: Seek medical attention and follow social distancing recommendations. In addition, I encourage you to report any COVID-19 health updates to your supervisor.

The safety, security, and health of our faculty, staff, and students is our top priority. As you know, we can all further protect ourselves and others by:

- Washing your hands often with soap and water; covering your cough and sneeze; avoiding touching your eyes, nose, and mouth with unwashed hands
- Practicing self-care by eating a healthy diet and taking time to rest
- Frequently cleaning all commonly touched surfaces
- Avoiding large gatherings
- Staying home if you are sick

If you feel you are experiencing symptoms of COVID-19, The Minnesota Department of Health (MDH) recommends:

1. Patient should stay at home until after:
   - 3 days (72 hours) from when fever has subsided without the use of fever reducing medication and an improvement in symptoms like cough or shortness of breath, AND
   - 7 days have passed from onset of symptoms

2. Use the CDC website on how to Care For Yourself at Home with COVID-19.

3. Household or college contacts do not need to quarantine themselves, but they should:
   - Monitor health and limit interactions with the public as much as possible for 14 days and adhere to social distancing
   - Use the CDC website for How to Minimize Spread.
This is a challenging time and I know many of you may be feeling stress or anxiety. Please take care of yourself and, if needed, seek support through the Employee Assistance Program available to you at no cost.

Take care of each other, Dragons.

Anne Blackhurst
University President
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