**Minnesota State**

**Developing Guidance for Students, Faculty, and Staff Returning to Campus**

**Amid the COVID-19 Outbreak**

**March 14, 2020**

**This message was sent from Minnesota State to system colleges and universities on March 14, 2020.**

**General:** The COVID-19 outbreak represents a host of challenges to our colleges and universities and the health and well-being of our students, faculty and staff. We must welcome and be supportive of all as we enter into the remainder of this academic term and ‘new normal’ conditions. The Centers for Disease Control and Prevention (CDC) has updated their [Coronavirus Disease 2019 (COVID-19) Travel Information](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html) and now most countries in [Europe](https://wwwnc.cdc.gov/travel/notices/warning/coronavirus-europe) are now been designated at [Level 3 (Warning, Avoid Nonessential Travel)](https://wwwnc.cdc.gov/travel/notices#travel-notice-definitions) along with China, Iran, and South Korea. The rest of the world, including the United States, has now been designated at [Level 2](https://wwwnc.cdc.gov/travel/notices/alert/coronavirus-global) (Practice Enhanced Precautions) as a Global Outbreak Notice.

**Travel –** [**Level 3**](https://wwwnc.cdc.gov/travel/notices#travel-notice-definitions) **Counties including China, South Korea, Iran and most of Europe:** Messaging for all students, faculty and staff who have travelled to Level 3 destinations during the past 14 days should:

* Self-report your recent travel
* Stay home for 14 days from the time you return from travel, monitor your health and practice social distancing. Avoid contact with others.
* Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing. If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing, seek medical advice.
* Keep your distance from others (about 6 feet or 2 meters).
* Call ahead before you go 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.

Faculty and staff who have traveled to a Level 3 destination, should contact their supervisor.

Students living at home should remain there for the 14-day period and contact Student Life & Success — [avpsls@bemidjistate.edu](mailto:avpsls@bemidjistate.edu), (218) 755-2380 — and their individual faculty for instructions on coursework for this period.

\*\*Students living in campus residence facilities should contact their Resident Hall Director or Student Life & Success — [avpsls@bemidjistate.edu](mailto:avpsls@bemidjistate.edu), (218) 755-2380 — and their individual faculty members for instructions on coursework for this period. If they are able to return home during the self-quarantine period, they should do so. If returning home represents a hardship, the college of university should provide a room or space for the self-quarantine period to include access/delivery of meals and wellness checks during this period as outlined in the college or university continuity of operations plan. This may be provided in coordination with the local department of health offices.

Students living off campus should contact Student Life & Success — [avpsls@bemidjistate.edu](mailto:avpsls@bemidjistate.edu), (218) 755-2380 — and their individual faculty for instructions on coursework for this period. If they are able to return home during the self-quarantine period, they should do so. If returning home represents a hardship, the college or university should facilitate providing a room or space for the self-quarantine period to include access/delivery of meals and wellness checks during this period as outlined in the college or university continuity of operations plan. This may be provided in coordination with the local department of health offices.

**Travel –** [**Level 2**](https://wwwnc.cdc.gov/travel/notices#travel-notice-definitions) **Countries including the United States:** Messaging for all students, faculty and staff who have travelled to Level 2 destinations or domestically in the U.S. during the past 14 days should:

* 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 get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:
* 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.
* Avoid contact with others.
* Do not travel while sick.
* 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.

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

## IF YOU GET SICK

If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing, **seek medical advice**.

* **Students** — call the Student Center for Health and Counseling at (218) 755-2053. After hours, call Sanford Bemidji Main Clinic at (218) 333-5000.
* **Employees** — call Sanford Bemidji Main Clinic at (218) 333-5000.
  + **All employees who have traveled to a Level 3 destination should contact their supervisor**.
* Tell the doctor about your recent travel and your symptoms.
* Avoid contact with others.
* Do not travel while sick.
* 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.

**Other Circumstances:**

**If a member of campus community is diagnosed with COVID-19:** If you have a case on your campus MDH will notify the campus immediately, work with us to identify contacts, determine what kind of campus notification is needed, and help navigate any other response measures.

**Situational Awareness:** Be aware that COVID-19 has varying impact on each member of the campus community. Exercise the following:

* 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.
* Call ahead before appointments.
* 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.

**Mental Health, Stress and Anxiety:** This is a stressful time for all of us. Offer students, faculty, and staff connections to mental health and other support services.

* [CDC-Managing Stress and Anxiety Resources](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)
* [MMB Employee Assistance Program](https://mn.gov/mmb/segip/news-and-updates.jsp?id=1059-280580)