

From: Lisa <Lisa.Harris@anokaramsey.edu>
Sent: Thursday, November 12, 2020 10:57 AM
To: Harris, Lisa D lisa.harris@anokaramsey.edu
Subject: COVID updates and free testing information!

Dear students,

You may have seen that the COVID-19 cases in the state of Minnesota are breaking daily records and continuing to increase. This is a great concern for our state. Minnesota Department of Health recognizes that the group with the highest spread is 18-35. Many people in this age group do not have symptoms and are not aware that they are positive. As we approach Thanksgiving, there is even greater risk as people begin to interact with families and friends. MDH urges all college and university students to get tested prior to the holiday or other social gatherings.

To make this possible, Governor Tim Walz and Lieutenant Governor Peggy Flanagan announced a significant expansion in COVID-19 testing access, with the addition of more than a dozen new testing locations opening across the state over the next two weeks. All testing will be free and available to anyone who wants to be tested whether they have symptoms or not, and it will not require insurance.

You can find options for testing at the MDH [link](#), including nasal swab community testing events, saliva community testing sites, home tests, and a map of testing locations throughout the state.

While testing is strongly encouraged, there are things you can be doing or continue doing to help stop the spread.

- Wash your hands frequently for a minimum of 20 seconds (sing happy birthday 3 times!)
- Wear a mask
- Remain physically distant (6 feet) from others
- Stay home when you are sick or been in close contact with someone who tests positive
- Seek testing and/or advice from your medical provider

If you test positive for COVID-19 please contact the Office of Public Safety at COVID19.Health@anokaramsey.edu.

If you are coming to campus, a reminder that you must complete the [online screening tool](#) before each visit to campus. It is essential that you complete this tool carefully and honestly every time.

By us all working together, we can protect ourselves, friends, family and community.