

Dear _____,

We have been notified that an individual you may have had contact with on campus, has tested positive for COVID-19 (coronavirus) and you may have been exposed to the virus. Please self-quarantine for 14 calendar days before returning to campus. If your healthcare provider determines you are eligible for a COVID-19 test, your health insurance will cover the cost of a COVID-19 test with no co-pay or deductible responsibility.

If symptoms develop, please stay home and consult with your physician to determine if medical evaluation is needed. If you are experiencing symptoms of COVID-19, the Minnesota Department of Health recommends:

1. Stay at home for at least 10 days, and for 3 days with no fever and improvement of other symptoms (Your fever should be gone for 3 days without using fever-reducing medicine).
2. Use the CDC website on how to [Care for yourself at Home](#) with COVID-19.
3. If your household contacts were exposed to you while you had symptoms, they should try to stay home as much as possible for 14 days.
 - They should closely monitor their health, and if symptoms occur, they must isolate themselves. More guidance on this can be found here: [MDH COVID-19 Basics](#)

Use the CDC website for [How to Minimize Spread](#)

An enhanced Work/Life EAP launched on July 1 to provide Minnesota employees and their families with the best resources, experts and support. Along with these enhancements, MMB is now working with Deer Oaks as its new service provider. Counselors are available 24-7 at (800) 657-3719 or (651) 259-3840, and resources are available online at:

<https://mn.gov/mmb/segip/health-and-wellbeing/eap/eap-work-life.jsp>. For less urgent requests, email eap@deeroaks.com and a representative will reach out to you within 24 hours. Your communication with EAP is confidential and will not be shared with anyone.

Here are some additional resources:

Minnesota Department of Health, Health questions:

651-201-3920 or 1-800-657-3903

Weekdays 8 a.m. to 6 p.m. and Weekends 8 a.m. to 4 p.m.

- CDC Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- MDH Coronavirus: <https://www.health.state.mn.us/diseases/coronavirus/index.html>

Please feel free to contact me if you have any questions or concerns. The safety, security and health of our faculty, staff and students continue to be our number one priority.

