

## Student Exposure Notification Email

Title: Student Notification of Possible COVID-19 Exposure

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.

### **Safety Steps**

Please self-quarantine for 14 calendar days before returning to campus.

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:

- Stay at home for at least 10-14 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 prior to returning to campus).
- Use the CDC website on how to [Care for Yourself at Home](#) with COVID-19.
- 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](#)

### **Academic & Campus Resources**

- We recommend ***notifying your instructor(s) as soon as possible*** that you cannot attend class in person and discuss any needs you or your instructor have during this time. We recommend communicating regularly with your instructor(s) on how you are feeling and your ability to complete the coursework.
- If you need assistance reaching out to instructors or with any other personal support or resources, please contact Counseling at [counseling@nhcc.edu](mailto:counseling@nhcc.edu) or 763-493-0554 or Advising at [advising@nhcc.edu](mailto:advising@nhcc.edu) or 763-424-0703.

### **Additional COVID-19 Resources**

IF you have additional health questions, contact the Minnesota Department of Health: weekdays 8 a.m. to 6 p.m. and weekends 8 a.m. to 4 p.m.; 651-201-3920 or 1-800-657-3903. These sites also offer many tips and additional resources.

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

### **Contact Us**

Please feel free to contact our campus departments if you have any questions or concerns. Department information is available on our website at [www.nhcc.edu/c19-connect2services](http://www.nhcc.edu/c19-connect2services). The safety, security and health of our faculty, staff and students continue to be our number one priority. For general questions, please email [coronavirus@nhcc.edu](mailto:coronavirus@nhcc.edu).

Sincerely,

North Hennepin Community College  
From/Reply to: [coronavirus@nhcc.edu](mailto:coronavirus@nhcc.edu)