

STAY SAFE MN

Faith-based Communities – Staying Safe

Minnesota Department of Health

9/21/2020

mn MINNESOTA

Agenda

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- Overview of MDH Community Outreach Structure
- Situation update on COVID in MN
- Moving through this pandemic – “Stay Safe MN”
- COVID-19 Preparedness Plans & Faith-based Guidance
- Faith-based Outbreak response and definitions
- Local Public Health Role and Resource
- Additional Resources

Cultural, Faith, and Disability Communities Outreach and Engagement Branch

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TEAMS

- Community Liaisons
- Communications, Media & Material
- People with Disabilities
- Seasonal & Agricultural Workers
- Faith Based Communities
- Contracts: Diverse Media & Community Engagement

RESPONSIBILITIES

- Connecting & Collaborating with communities
- Advocating on behalf
- Partnering with communities most impacted by health inequities and disproportionately affected by COVID-19
- Advancing equity and counteract structural racism

Faith-based Organization Work Group



- Information and resource sharing
- Collaboration and partnerships
- Statewide reach
- Trusted leadership

COVID-19 – MN Update

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- Minnesota Department of Health Website is updated every day at 11:00 am
<https://www.health.state.mn.us/diseases/coronavirus/situation.html>
 - Approaching 1,800,000 completed COVID tests
 - Surpassed 90,000 positive COVID cases (approximately 9,500 in HCWs)
 - Approaching 2,000 deaths (~200,000 nationally)
- Continue to have robust community spread (~200-900 cases per day since May)
- People in their 20s and 30s represent the highest number of people testing positive
- Hot Spots and Outbreaks have shifted from food processing plants to college campuses and other venues – faith-based organizations, weddings & funerals among them
 - Anyone attending a gathering of any kind in MN at this time, is risking exposure to COVID-19
- BIPOC (Black, Indigenous & People of Color) communities in MN are disproportionately affected by COVID-19

COVID-19 – MN Update – what we know

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1. Outdoor gatherings are safer, but still pose a risk – especially if people do not distance!
2. With school openings and winter/colder weather coming, cases could increase.
3. Early on we knew cases were coming from specific sites. With this much community spread, it is harder to pinpoint source sites.
4. Outbreaks are occurring all over the state – we need to be vigilant. Friends and family are not automatically safer.
5. Four behaviors stop the spread: Stay home if you have symptoms, mask up, social distance, & avoid crowds.
6. We are learning more about the long term health implications for people who recover from COVID-19.
7. We are learning more about “asymptomatic” spread of this virus, not just “pre-symptomatic” spread.
8. We have made great strides in mitigating spread in Long Term Care facilities; we have not overwhelmed hospitals with cases.
9. Data is undercounting actual cases – we can only count people who are getting tested.
10. People are tired – we’ve been at this for over 6 months. Now is the time to dig deeper and pull together.

Even though we may want to be done with this virus, it is not done with us.

COVID-19 – MN Update - Hot Topics

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- Schools <https://staysafe.mn.gov/industry-guidance/schools.jsp>
- CASPER Study (Community Assessment for Public Health Emergency Response) Sept. 14-30
 - Tool to gather info on COVID spread in community and learn more about this new virus
 - May be difficult in some communities to trust survey team and participate when someone comes to their door
- Preparing for COVID-19 vaccine trials and availability
- Testing is recommended for people with symptoms, contacts, others who have been to a place where an outbreak has occurred and may have been exposed, and prior to certain medical procedures.
- When can we return to “normal”? Masking, distancing, avoiding crowds, and staying home when sick will all be with us for the foreseeable future.

Dial forward over 6 months

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March 6, 2020
MN first case.
March 25, 2020
Stay at Home.

mn Safely adjusting the dials - June 10

WORKPLACE SETTINGS

- Highly Predictable and Smaller-sized Settings: Curbside Pickup and Delivery, Office and Industrial, Critical Services
- Less Predictable and Larger-sized Settings: Single Shops, Salons, Barbershops, Tattoo Parlors, Gyms/fitness

SOCIAL SETTINGS

- Highly Predictable and Smaller-sized Settings: Stay at Home, Gatherings of 10 People or Less
- Less Predictable and Larger-sized Settings: Places of Worship, Bars, Restaurants, Indoor entertainment/recreation, Large Sporting Venues, Concerts

SCHOOL SETTINGS

- In-person School Learning
- Distance Learning

SAFE PRACTICES **ON**

- Wash your hands often
- Get tested when sick
- Maintain social distance
- Wear a mask
- Stay home when able
- You must work from home when able

COVID-19 RESPONSE **ON**

- Test symptomatic individuals
- Isolate positive cases and contact trace
- Protect those at heightened risk
- Build needed hospital capacity
- Procure critical care supplies

Risk predictors

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With the goal of preventing illness and mitigating the spread, we evaluate sectors and settings using three risk criteria:

How close are people to each other

How long are people together

How predictable is the movement of people in a setting

Executive orders

Executive Order (EO) 20-74 establishes requirements for reopening and has the force and effect of law.

Businesses must create and implement a COVID-19 preparedness plan that adheres to guidance.

Violations of EO 20-74 are enforceable through criminal and civil penalties. The EO also encourages state and local regulatory authorities to use their existing enforcement tools.

Executive Order (EO) 20-81 requires Minnesotans to wear a face covering in certain settings to prevent the spread of COVID-19.

Slide 10

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Berghorst, Wendy (MDH), 9/15/2020

Reopening Guiding Principles

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Protect the public's health and worker health

Open up the economy as much as possible to give every business in Minnesota an opportunity to build our economy in a way that is safe and builds consumer confidence

Integrate equity into the reopen design and the overall COVID-19 response, recognizing that the negative health impacts have fallen disproportionately on communities of color

Create guidelines that intuitively make sense to people, recognizing that our ultimate success depends upon businesses and Minnesotans buying in and following the rules

Safely reopening Minnesota

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- 

Closed
- 

Open With Restrictions and Capacity Limitations
- 

Open Without Restrictions

Last updated 5/19/2020 3:13 p.m.

Setting	Stay Home MN March 26 - May 17	Phase I May 18 - June 1	Phase II Beginning June 1	Phase III Beginning June 10	Phase IV
Social Settings	 Stay at home except for essential activities	 Gatherings of 10 or less; Drive-in gatherings per MDH guidelines	 Gatherings of 10 or less; Drive-in gatherings per MDH guidelines	 Outdoors: Gatherings of 25 or less Indoors: Gatherings of 10 or less; Drive-in gatherings per MDH guidelines	Potential for increase gathering size
Critical Businesses	 Open (must telework if you can)	 Open (must telework if you can)	 Open (must telework if you can)	 Open (must telework if you can, must have a COVID-19 preparedness plan by June 29, 2020)	 Open (must telework if you can, must have a COVID-19 preparedness plan by June 29, 2020)
Non-critical Businesses (non-customer facing)	 Open (must telework if you can, must have COVID-19 preparedness plan)	 Open (must telework if you can, must have COVID-19 preparedness plan)	 Open (must telework if you can, must have COVID-19 preparedness plan)	 Open (must telework if you can, must have COVID-19 preparedness plan)	 Open (must telework if you can, must have COVID-19 preparedness plan)
Retail	 Curbside pickup	 Open (50% capacity, must	 Open (50% capacity, must	 Open (50% capacity, must	 Potential for increased

Safely Reopening Minnesota Webpage

<https://staysafe.mn.gov/>

Social Gathering Size

10 indoor / 25 outdoor

ALL WORKPLACES Have a COVID plan:

Retail | Construction | Manufacturing | Grocery | Janitorial | Transport | Agriculture | Meat Packing | Plants | Office

Restaurants

50% / 250 max

Recreation

25% / 250 max

Personal Care

50% / 250 max

Faith Settings

50% / 250 max

Gyms & Fitness

25% / 250 max

Retail

50%

Large Venues

250 max

Pools

50%

Outdoor Recreation

DNR Guidelines

Schools (K-12)

Distance | In-Person | 50/50 Hybrid

Higher Education

Class Size Cap

Sports

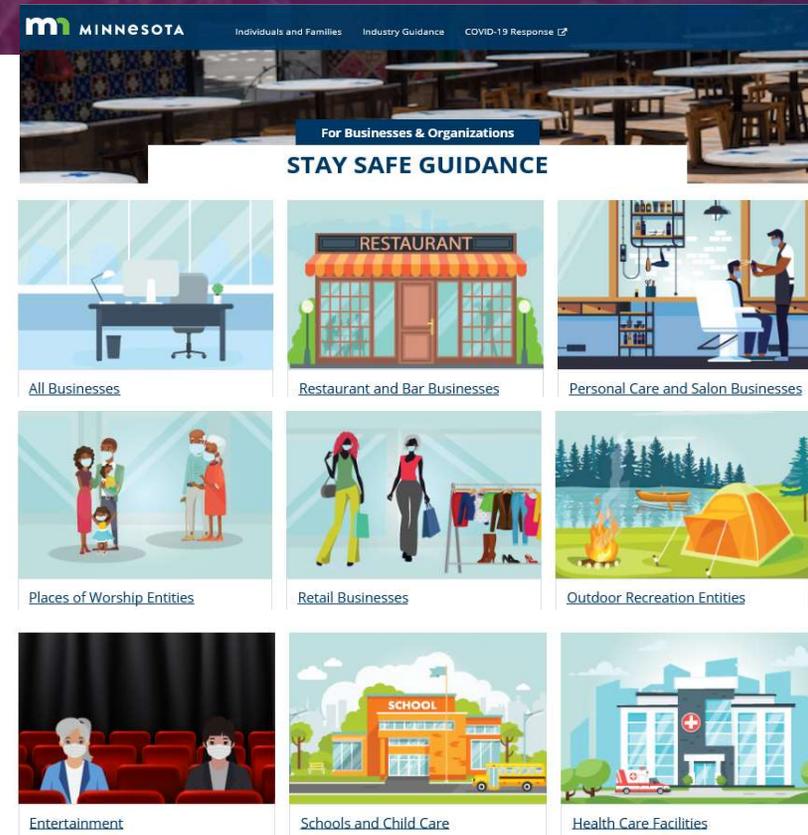
Youth | Adult

COVID-19 preparedness plan

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- ✓ Health screenings
- ✓ Social distancing
- ✓ Worker hygiene and source controls
- ✓ Cleaning, disinfecting, and ventilation protocols
- ✓ Administrative and occupancy controls
- ✓ Communication and training for clients and customers

<https://staysafe.mn.gov/industry-guidance/index.jsp>



- **Stay Safe Guidance for Places of Worship**

<https://staysafe.mn.gov/industry-guidance/places-of-worship.jsp>

- Official Guidance: Faith-based Communities, Places of Worship, Weddings, and Funerals (use to create your COVID-19 preparedness plan)
- Guidance for Gatherings: Faith-based Communities, Places of Worship, and Ceremonies (a summary document of COVID-19 requirements)
- Guidance for Safe Celebrations and Events (for activities before or after service/ceremony)
- Guidance for Vehicle Gatherings, Parades, and Drive-ins

Faith-based organizations with schools, day cares or offering Sunday school or religious education



- For **Schools** and **Day Cares**, use:

Stay Safe Guidance for Schools and Child Care:

<https://staysafe.mn.gov/industry-guidance/schools.jsp>

- **Sunday Schools** and **Religious Education**: Depending on the age and type of activity may consider following:

Social Distancing in Youth and Student Programs

<https://www.health.state.mn.us/diseases/coronavirus/schools/socialdistance.pdf>

COVID-19 preparedness plan: faith-based communities

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- [Guidance for Gatherings: \(PDF\) \(https://www.health.state.mn.us/diseases/coronavirus/guidfaith.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/guidfaith.pdf)
- There is considerable risk of disease spread when groups of people gather. Just because you can hold in-person services does not mean you are advised to do so.
- Indoor gatherings pose a greater risk of COVID-19 spread than outdoors.
- Reduce occupancy to:
 1. allow for distancing of at least 6 feet between people who do not live in the same household
 2. not exceed 50% of attendance capacity
 3. a 250-person maximum
- Wearing face masks by everyone is required (the executive order includes exemptions for people unable to wear a face covering due to health conditions or other valid reasons).
- If there is evidence of COVID-19 spread associated with your faith community, you may be contacted by your local or state health department and advised to stop offering in-person services until it is safe to return.

COVID-19 preparedness plan: faith-based communities – Staff requirements

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- ✓ Read the Guidance for faith-based communities
- ✓ Designate a COVID-19 Plan Administrator from your leadership
- ✓ Write your plan using the guidance, post your plan for all staff to easily access
- ✓ Ensure that sick staff stay home – update policies to protect staff
- ✓ Strongly encourage high-risk staff to work from home – reduce their exposure risk
- ✓ Maintain 6 feet of distance between staff at all times
- ✓ Wear face coverings indoors when sharing office space, outdoors if unable to maintain 6 feet of distance

COVID-19 preparedness plan: faith-based communities – facilities and buildings requirements

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- ✓ Check your building utilities and ventilation systems to ensure they are running optimally.
- ✓ Set up a cleaning protocol and schedule for frequently touched surfaces.
- ✓ Make sure you have soap, hand sanitizer, tissue and extra masks on hand for staff and members.

COVID-19 preparedness plan: faith-based communities – members and visitors requirements

- ✓ Continue virtual services for high-risk persons, and those not comfortable gathering.
- ✓ People who are sick, have tested positive for COVID-19, or have COVID-19 symptoms, should stay home – do a self-check prior to events/services.
- ✓ Maintain 6 feet of distance between different households at all times. Adapt all aspects of your service to accomplish this.
- ✓ Expect people to cover coughs and sneezes, wash hands often, and wear cloth face coverings.
- ✓ Follow guidance for offering food or beverages before or after services or celebrations.
- ✓ Determine how you will handle someone becoming sick while at your facility, what to do when you reach your maximum capacity, and how to handle resistance to your protocols.
- ✓ Communicate the steps you are taking all members and participants, post signs, repeat the safety expectations and requirements often.

New Music Guidance



<https://www.health.state.mn.us/diseases/coronavirus/musicguide.pdf>



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Music Activities and Performances During COVID-19

Businesses or organizations providing musical activities or performances—including but not limited to commercial businesses, youth symphonies, orchestras, colleges, schools, and places of worship—must take steps to lower the spread of COVID-19. This document identifies the required and recommended precautions that such businesses and organizations are to take. The items identified as requirements in this document must be incorporated into the business' or organization's COVID-19 Preparedness Plan.

School-based K-12 music programs should follow this guidance and should also consult the [2020-2021 Planning Guide for Schools: Health Considerations for Navigating COVID-19 \(PDF\)](https://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf) (<https://www.health.state.mn.us/diseases/coronavirus/schools/k12planguide.pdf>) and the [CDC Strategies for Protecting K-12 School Staff from COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-staff.html) (<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-staff.html>).

Understanding risks: singing and playing brass and woodwind instruments

Singing and instrumental music produced by woodwind or brass instruments are thought to be higher-risk activities for COVID-19 spread due to the aggressive expelling of respiratory droplets. This can result in aerosols that can hang in the air for hours. Much attention has been given to the risks of singing because of "super-spreading" events documented during this pandemic. It is important to take extra precautions when participating in musical activities, especially if they involve vocalists and wind instrument musicians.

This document was created based on a review of the literature and recommendations developed by key partners in the music sector, especially these subject matter experts in K-12 and higher education. This guidance was also based on the [CDC Strategies for Protecting K-12 School Staff from COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-staff.html) (<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-staff.html>).

Each section below outlines the steps that businesses or organizations are required to take ("Requirements") and those that are strongly recommended but not required ("Recommendations").

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COVID-19 preparedness plan: Faith-based communities - singing and playing brass and woodwind instruments

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- Higher risk activity due to aggressive expelling of respiratory droplets.
- Pre-recorded or streamed music is safer than live music in faith-based settings.

Requirements:

- Musicians may temporarily remove face covering during indoor performances.
- Maintain distance of 6 feet between performers and 12 feet from attendees.
- Musicians must be contracted, hired, affiliated with, or organized by faith-based organization – no impromptu “open-mic” type of activity.
- Congregational singing or chanting is **not recommended**. If choosing to do this:
 - Must maintain distancing of at least 6 feet from others not in the same household.
 - Must wear face coverings for entire service, even while singing or chanting.

Materials Handling

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- Wash hands before/after handling materials (or use Sanitizer)
- Paper-based material do not request specific cleaning or disinfection
- Non-porous material with plastic cover or coatings can be wiped with a disinfectant wipe
- Material that can't be cleaned may be set aside for up to 24 hrs. before recirculation
- Electronics are high touch – clean following manufacturer's instruction
- If no specific guidance, use alcohol based wipe or spray with at least 60% alcohol. Let surface dry thoroughly.
- Sharing books, hymnals, and religious texts by people from one service to the next does not pose a significant risk in spreading COVID-19.

Industry Guidance for Safely Reopening: Faith-Based Communities, Places of Worship, Weddings, and Funerals
<https://www.health.state.mn.us/diseases/coronavirus/safefait.pdf>

Gathering while distancing – is it possible?

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- Faith-based communities bring people together:
 - Weddings
 - Funerals
 - Religious holidays, holy days, special events and rites of passage
 - Shared beliefs, values, history
- Video services, distancing, masking, & not touching are big changes.
- Courage and creativity are required.
 - Can you communicate your expectations at the onset of each event/service?
 - Can you turn away someone who shows up with symptoms?
 - Can you follow requirements for masks, distance, capacity limits - and address an activity that is putting people at risk? Can you stop people from hugging – even during a wedding or funeral?
- The health of the community depends on leadership.

In times of pain and grief, we want to come together. COVID-19 makes this difficult.

Help slow the spread



Wear a mask



Wash or
sanitize your
hands often



Stay 6 feet
from others

Considerations for deciding to offer in-person services and activities

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- A COVID-19 preparedness plan is required – all staff must be familiar with it.
- Consider your staff and members – and their vulnerability (over 65 & health issues).
- Ability of your faith community to implement and follow guidance – distance, masks, self-check prior to attending.
- Prevalence of COVID-19 in your surrounding community – some communities are looking at % of positive tests per 10,000 people in their county each week:
<https://www.health.state.mn.us/diseases/coronavirus/stats/index.html#exp>.
- Awareness of cases among your staff or members, clusters or outbreaks.
- Exposure risk from other settings, travel, work, etc. of participants.
- Staff and community comfort level with risks of gathering – there is always a risk of exposure if people gather.

Monitor Your Community

- Updated every Thursday
- 14 day case rate per 10,000 by date of specimen collection
- How is the data trending?

<https://www.health.state.mn.us/diseases/coronavirus/stats/warehouse/14daycasebycounty.pdf>

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Data for K-12 Schools: 14-day COVID-19 Case Rate by County

Updated 9/10/2020

This document includes data that can be used by schools in making decisions about their safe learning model. It shows the number of cases by county of residence in Minnesota over 14 days, per 10,000 people by the date of specimen collection (when a person was tested). County population is based on the U.S. Census Bureau American Community Survey 2018 5-year estimates.

Any increase in case incidence can represent a greater risk, but schools may consider a 14-day case rate of 10 or more cases per 10,000 to be an elevated risk of disease transmission within the local community, especially when the level of cases per week is sustained or increasing over time.

Recommended policy options based on 14-day case rate range

Policy Option	Range (14-day case rate per 10,000 people)
In-person learning for all students	0 to less than 10
Elementary in-person, Middle/high school hybrid	10 to less than 20
Both hybrid	20 to less than 30
Elementary hybrid, Middle/high school distance	30 to less than 50
Both distance	50 or more

Number of counties in each range

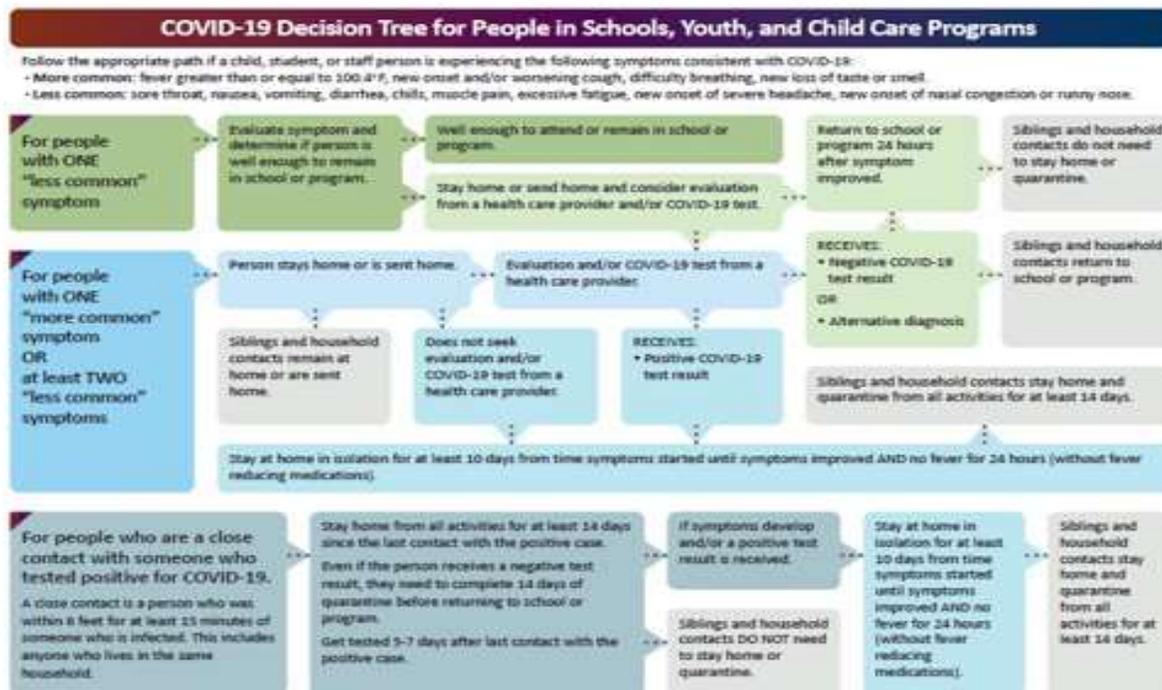
Date	0 to less than 10	10 to less than 20	20 to less than 30	30 to less than 50	50 or more
7/5 to 7/18	39	33	9	3	3
7/12 to 7/25	46	26	11	4	0
7/19 to 8/1	48	27	10	2	0
7/26 to 8/8	51	25	11	0	0
8/2 to 8/15	49	27	10	1	0
8/9 to 8/22	47	29	8	3	0
8/16 to 8/29	35	37	6	8	1

Data for K-12 Schools: 14-day COVID-19 Case Rate by County

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COVID-19 Decision Tree for People in Schools, Youth and Child Care Programs

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<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

Example: faith community choosing not to convene in person *(MN Rabbinical Association)*

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Jewish values that have continued to guide us throughout this crisis include:

- *Pikuah Nefesh* -- **“Safeguarding Life”** is a bedrock principle of Jewish law, and supersedes most other obligations or mitzvot.
- *Sakanat Nefeshot* -- **“Not Endangering Life”** -- participants, staff, and clergy should not be in positions where they will be unduly endangering their own lives or the lives of their families due to pressure to restore activities.
- *She’at Hadehak* -- **“Extraordinary Moment”** -- Jewish life has always made adjustments in times of emergency and crisis.
- *Kol Yisrael Areivim Zeh Bazeh* -- **“We Are Responsible for One Another”** -- It’s our job to look out for the mental and physical health and safety of one another.
- *Hesed* -- **“Profound Love and Kindness”** -- Decisions around our operations and the risks involved create uncertainty, grief, and anxiety, and we must act with tremendous love and kindness towards the members of our families, communities, and the world at large.

Institutions should therefore *act with caution* before undertaking activities that allow for physical proximity. Given all of the values above, and despite the fact that it continues to challenge the finances of our institutions, in many locations our concern for health and safety **should make us among the last to return to physically proximate activity, rather than the first.**

Example: faith community COVID-19 preparedness plan – *(Episcopal Church of MN)*

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Phase	Health Characteristics
Phase 1	Governor’s Stay at Home Order
Phase 1.5	7-day positivity rates of the state and/or county have trended over 5%
Phase 2	7-day positive rates of the state and county have both trended under 5%
Phase 3	Negative Community Spread

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Example: faith community value-based messaging about wearing face coverings

(Archdiocese of St. Paul and Minneapolis)

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- Archbishop Hebda video:

[Archbishop Hebda: Thank You for Wearing a Mask](https://www.youtube.com/watch?v=luxWh8J2870&list=PLIQsTJh9Td9kAomSgyrZ_KiV1Oca35N)

https://www.youtube.com/watch?v=luxWh8J2870&list=PLIQsTJh9Td9kAomSgyrZ_KiV1Oca35N



What to do if someone in your faith community has COVID-19

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- For staff who test positive:
 - Follow the guidance about what they should do (isolate) and what those exposed to them should do (quarantine).
 - A designated staff person should gather information about exposure, while ensuring privacy of the infected person. [This](#) process should be addressed in your COVID-19 Preparedness Plan.
- You can report known COVID-19 case information to MDH – particularly if there is more than one case:
 - Call 651-201-5414 or 877-676-5414
- You can let your community know that someone your community has COVID-19 while keeping the individual's information private. Use this as a reminder to maintain safe practices.
- The Contact Investigation by Public Health will identify close contacts and follow-up.
- If there is a significant number of cases identified in your community, you may be advised to stop offering in-person services until it is safe to do so.

Identified Faith Based Outbreak Follow-up

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Cluster = 3 or more households identifying the same event/venue.

- MDH and LPH follow-up when there is a significant number of confirmed COVID-19 cases associated with a faith community or faith-related event.

NOTE: it does not mean they are the source, but may be a place of COVID-19 exposure.

What will be asked:

- Do you have a COVID-19 plan?
- How are you implementing your plan?
- Are you able to operate safely?
- Do you need any resources or support?

Definitions: Isolation and Quarantine

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ISOLATION keeps someone who is sick with symptoms consistent with COVID-19 and/or tested positive for COVID-19 without symptoms away from others.

This includes isolation from household members such as staying out of common areas within the home, sleeping in a separate space and using a separate bathroom (if possible).

For COVID-19, the isolation period is at least 10 days from onset of symptoms or test date if asymptomatic, 24 hours without fever and improvement of symptoms. The isolation period could be longer if a person does not see improvement in their symptoms.

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others because they are at higher risk of getting sick.

For COVID-19, the quarantine period for a close contact of a positive case is 14 days from the last day of exposure to the ill person.

Quarantine lasts for 14 days because COVID-19 has an incubation period that is between 2-14 days long.- Always.

The CDC's COVID-19: Quarantine vs. Isolation (<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>) provides a visual aid noting the difference between quarantine and isolation.

Quarantine = Close Contacts

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- Close contacts (More than 15 minutes and closer than 6 feet) always must complete 14-day quarantine
- Why? Incubation period is 2-14 days
- What if they test negative on day 7?

Means they were negative on day 7.
Must complete 14 days.
No exceptions.

What if they test positive on day 7?

- Now they are a positive case
- With symptoms: stay at home in isolation for at least 10 days from time symptoms started until symptoms improved and no fever for 24 hours (without fever reducing medications)
- Without Symptoms:
Stay at home in isolation for 10 days starting with the day they are tested.

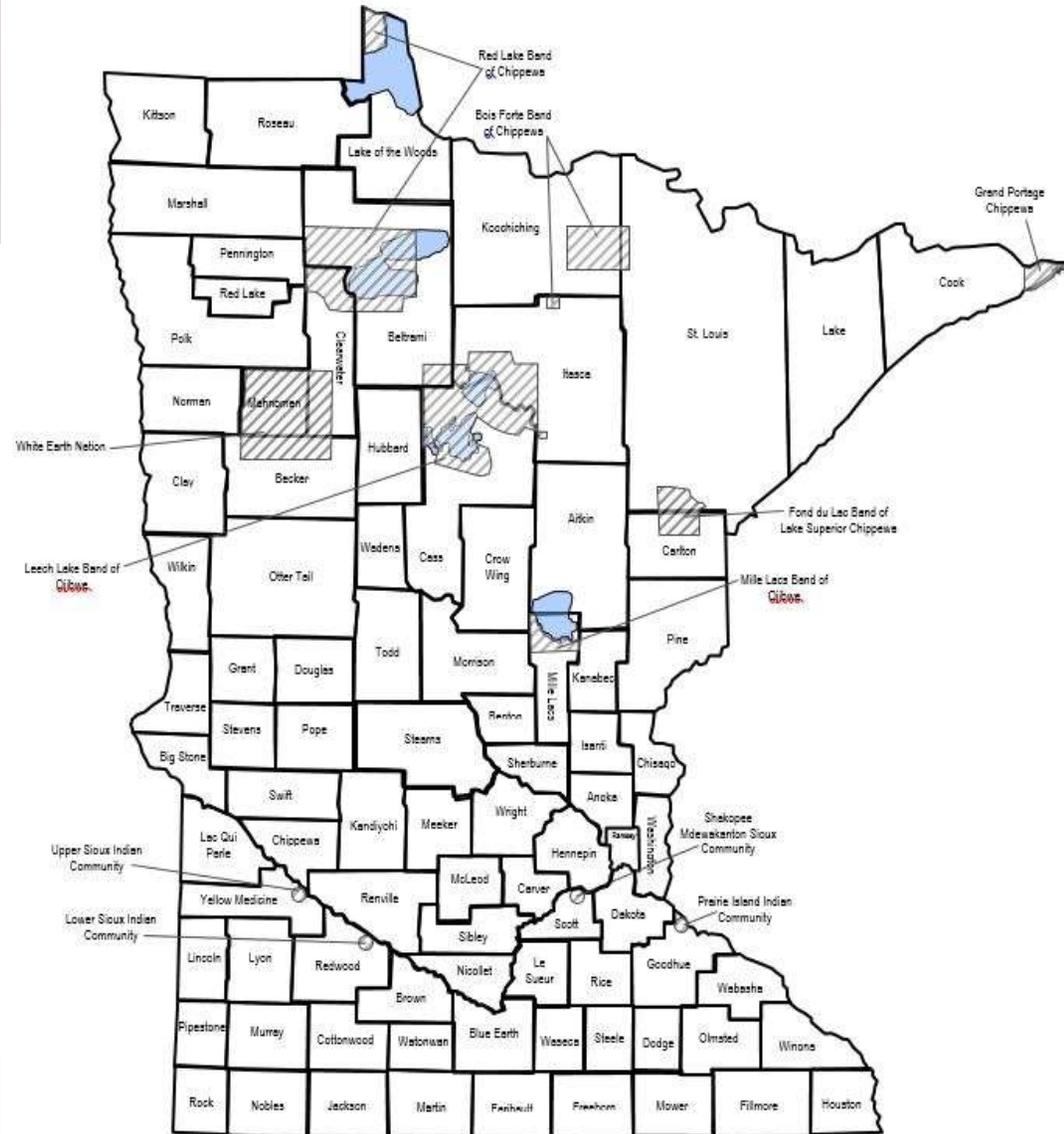
Clarification as of 9/15/20

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- If someone in a household is **asymptomatic** (does not have symptoms of COVID-19) and is being tested for COVID-19, the other family members not being tested do not need to stay home or be excluded from work, school or child care.
- If someone in a household is **symptomatic** (has symptoms of COVID-19) and is being tested, all family members should stay home (do not work, attend school or child care) until test results are known.
- If the household member's test result is **negative**, person can return to work, school or child care.
- If the household member's test result is **positive**, persons who are contacts should remain at home and begin a 14 day quarantine period starting on the last day they were in close contact with the person who has COVID-19. If the person cannot be separated from the household member with COVID-19, their 14 day quarantine period starts after their household member is no longer in isolation.
- A person with confirmed COVID-19 can be released from isolation when **all three** of these things are true:
 1. They feel better (symptoms have improved) and
 2. It has been 10 days since they first felt sick (or since they were tested if no symptoms) and
 3. They have had no fever for at least 24 hours, without using medicine that lowers fevers.

Local Public Health System

- **Local public health agencies have:**
 - 18 years preparing for public health emergencies
 - Defined emergency response processes - all response is local
 - Partnership with the Minn. Dept of Health - state supports
- **Local public health:**
 - Variety of sizes, structures, strengths, and relationships, and local public health agencies include counties, cities, and tribal nations
 - Developed relationships with community partners
 - Such as: faith and cultural communities, schools, child care
 - Local public health agencies know local needs and resources



For local support and assistance from local public health

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- Reach out to your local public health agency (county, city or tribe)
- If you are not able to identify your local public health department or agency, email Julie Myhre: julie.Myhre@state.mn.us at MDH, who can help get you connected.

Resource - Mask Drive

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FAITH COMMUNITIES UNITE



MASK AND HAND SANITIZER DRIVE



Faith Based Communities in the Twin Cities Metro area are in need of masks and hand sanitizer. Many of these Faith Based Communities are preparing hot meals to the community five to six days a week. They would love to offer masks and hand sanitizer to go with each meal. These Faith Based Communities are continuing to serve the Community at this critical time. The doors to many other buildings are closed, but the Faith Based Community remains open to the Community and their needs.

HELP 70+ FAITH COMMUNITIES INCLUDING:

Jehovah Jireh Ministries
First COGIC
Believers
Fellowship Christian Church
Winners Chapel Intl
Truth and Life
St. Albans
United
Abundant Life
Progressive
Pilgrim
New Hope
Mt. Olivet

FOR QUESTIONS CONTACT:

Julie Myhre julie.myhre@state.mn.us

DRIVE DETAILS

WHAT IS NEEDED: Cloth masks in bundles of 20 masks (using approved patterns) and hand sanitizer with at least 60% alcohol

DROP OFF: MN Dept of Health Duluth District Office
Duluth Technology Village 11 East Superior Street, Suite 290
Duluth, MN 55802. Open 8 a.m. – 4:30 p.m. M-F.

TIMELINE: Donations will be collected through the end of December.

APPROVED MASK PATTERNS

Thank you for helping! Please use these mask patterns when sewing masks to ensure we will have durable and effective masks.

<https://northmemorial.com/wp-content/uploads/2020/03/north-memorial-health-homemade-healthcare-masks.pdf>

<https://www.allinahealth.org/-/media/allina-health/files/mask-sewing-how-to.pdf>

Resource - Mask Messaging

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- How to Select, Wear & Clean Your Mask:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

- Masking Videos (<https://www.youtube.com/mnhealth>) : [Barbershop Video](#) , [Grocery shopping Video 1](#), [Grocery Shopping Video 2](#), [Grocery Shopping Video 3](#), [Hair Cutting Video](#), [Hanging Out Video 1](#), [Hanging Out Video 2](#), [Restaurants Video 1](#), [Restaurants Video 2](#)

Communicating about Masks in midst of misinformation:

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EXAMPLE:

1. "Our goal is to keep the people in our community safe and healthy and that is especially true in this challenging time. We know masks aren't always comfortable and we support asking everyone to wear masks consistently when out – we are protecting our families, friends, workers. Recent research shows that when everyone wears a mask, we are less likely to get seriously ill, which keeps beds open in our ER and protects our hospital staff."
2. "We recognize that people are questioning the wearing of masks, that masks are ineffective or that they infringe on rights."
3. "Science is clear: Masks work. We can keep our community safer."

George Lakoff 'truth sandwich'

Resources - Testing

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- [Find Testing Locations \(https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp\)](https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp)
- [Health care coverage \(https://mn.gov/dhs/health-care-coverage/\)](https://mn.gov/dhs/health-care-coverage/)
- [COVID-19 Community Testing \(https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html)
- [Governor's Community Resilience & Recovery Dashboard: Data by Race/Ethnicity \(https://mn.gov/covid19/data/data-by-race-ethnicity/index.jsp\)](https://mn.gov/covid19/data/data-by-race-ethnicity/index.jsp)

Resource - Make a Plan Minnesota

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- Urges parents & guardians to develop plan for alternate short-term care for loved ones if they become seriously ill
- <https://mn.gov/covid19/for-minnesotans/get-help/make-a-plan.jsp>



Make a Plan Minnesota! STAY SAFE MN

Make a Plan Minnesota! Plan. Prepare. Share.

Developing an emergency plan can help you and your family be prepared for whatever comes your way. It is never too early to develop a plan for your family. It is also a good idea to revisit and update existing plans. This is especially true during the COVID-19 pandemic, which is requiring us to plan in different ways than other emergencies. One important plan to have in place is what to do if a parent or guardian becomes sick or hospitalized due to the virus.

We encourage you to develop a plan for how you, your family, and caregivers will respond to a potential illness or hospitalization. Having a plan can help reduce stress in the event of an emergency and help everyone transition. Start by having a conversation with everyone involved and use this as a guide.

Step 1: Plan > **Step 2: Prepare** > **Step 3: Share**

Step 1: Plan

Every family's needs are different. You know your family's strengths, situation, and children best. Now is the time to talk with your family and engage your support systems who can help. Together, you can determine how to ensure the safety and care of your children and set caregivers up for success. Below are questions to consider.

Choosing other caregivers

- ✓ If you are not able to care for your child due to illness or hospitalization, who are the adults (age 18 and older) who are willing to care for them? Think broadly of neighbors, friends, and other people you trust and who your children know.
- ✓ Where will an alternate caregiver care for your children? In your home or theirs?
- ✓ Does your child or alternate caregiver have any underlying health conditions? Make sure the people you ask to care for your child understand the health risks if they agree to take care of your child.

Resources for faith-based communities

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- Learn from each other – reach out to other faith communities to share what is working.
- Subscribe to the MDH Cultural, Faith and Disability Communities COVID-19 Updates Listserve: https://public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_491
- Toolkit for health care workers provides mental health and resiliency resources: <https://www.health.state.mn.us/diseases/coronavirus/hcp/mh.html>
- For the current full list of MDH COVID-19 guidance documents, visit the MDH Guidance Library: <https://www.health.state.mn.us/diseases/coronavirus/guidance.html>
- Local public health – if you don't know who your local public health contact is, email Julie Myhre: julie.Myhre@state.mn.us
- Minnesota Department of Health - <https://www.health.state.mn.us/>
- CDC - <https://www.cdc.gov/>

Resource - Where to report Executive Order Violations

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Concern Types	Who	How
Face coverings, social distancing, capacity limits	StayAtHome "SAH" Violations	651-793-3746 sahviolations@state.mn.us
Employee Concerns – worker health & safety	Dept. Labor & Industry	651-284-5050 or 1-877-470-6742. osha.compliance@state.mn.us
Restaurants & Lodging concerns	Environmental Health	https://www.health.state.mn.us/communities/environment/food/license/complnt.html#filecomplaint
Concerns about restaurant/bar employee or customers:	View the Minnesota State and Local Food, Pools, and Lodging Contacts (PDF) to determine the appropriate responding agency.	<ul style="list-style-type: none"> a. For those that are under a local enforcement agency, you may need to contact the local public health agency to report your complaint. b. For those that are under MDH enforcement health.foodlodging@state.mn.us

Resource - MDH Inboxes

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- **Public (parents, staff, non-nurse or childcare provider) inquiry box:** Health.covid19@state.mn.us
- **Questions/Positive Case in Youth & Adult Sports:** Health.sports.covid19@state.mn.us
- **Large event/Gathering Concerns:** health.eventcompliance@state.mn.us
- **Positive Case in Child Care, School, Day Camp:** health.schoolcc.followup@state.mn.us
- **Helpline number:** 651-201-5414

Resources & Materials – posters/videos and materials in other languages

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Health Screening



If you have any of these symptoms, go home, stay away from other people, and contact your health care provider.

Employees: Please contact your supervisor.

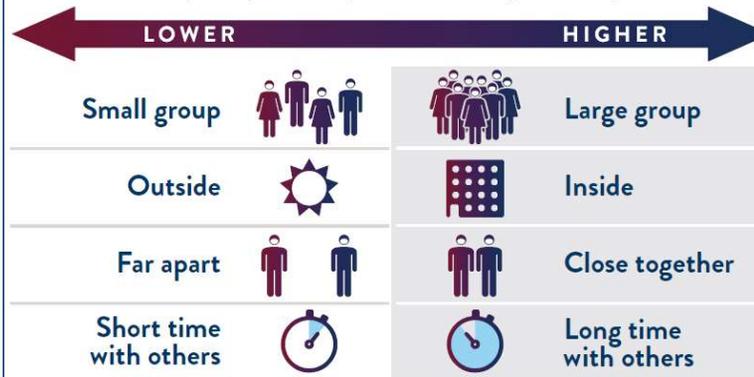
- FEVER OR FEELING FEVERISH
- CHILLS
- A NEW COUGH
- SHORTNESS OF BREATH
- A NEW SORE THROAT
- NEW MUSCLE ACHES
- NEW HEADACHE
- NEW LOSS OF SMELL OR TASTE

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05/20/2020

LOWER YOUR RISK OF COVID-19

Wear a mask in public spaces, wash your hands, and stay 6 feet away from others.



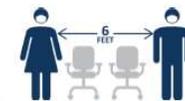
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Minnesota Department of Health | health.mn.gov | 651-201-5000 | Contact health.communications@state.mn.us to request an alternate format. 8/12/2020

Social Distancing at Work



Attend meetings virtually if possible.



Allow for 6 feet of space per person.



Maintain sufficient spacing in conference rooms.

FOR MORE INFORMATION, VISIT HEALTH.MN.GOV.
MINNESOTA HELPLINE: 651-297-1304 OR 1-800-657-3504

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Minnesota Department of Health
06/24/2020

<https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>

Basic public health protections

STAY SAFE MN

Prevent the Spread of COVID-19



Wash your
hands



Get tested
when sick



Stay 6 feet
from others



Wear a
mask



Stay home
when able



Work from home
when able

Thank you!

MDH Faith-Based Outreach Team

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