

Dear Families/Students/Staff,

We were notified of a lab confirmed case of COVID-19 (coronavirus) in a member of the Sports/Team community with exposure date(s) of DATES.

We're working with the Minnesota Department of Health (MDH) to identify those who had close contact with the case, and have contacted them. Persons who spent at least 15 minutes within 6 feet of the COVID-19 case need to self-quarantine and have been given information about COVID-19 testing.

The risk of exposure for other individuals at practice/on the team/in the building is no greater than the risk of getting the virus in the general community. Individuals who did not have close contact with the positive case should monitor for symptoms of illness, but do not need to stay home unless symptoms develop. If symptoms develop, stay home and consult with your physician to determine if medical evaluation is needed.

We understand that this may create unease in our community. We are asking all members of our community to minimize the spread of illness by taking the following actions:

- Wear a face covering when outside your home
- Maintain at least 6 ft of distance from persons not in your household, when possible.
- Protect yourself and others by washing your hands often with soap and water; cover your cough; avoid touching your eyes, nose, and mouth with unwashed hands.
- If you are sick, stay home.
- Frequently clean all commonly touched work surfaces, work areas, and equipment (e.g., telephones, doorknobs, lunch areas, countertops, copiers, etc.).

If symptoms develop, stay home and contact your physician. If you are experiencing symptoms of COVID-19:

1. Stay at home for at least 10 days, with 3 days of no fever and improvement of other symptoms (Your fever should be gone for 3 days without using fever-reducing medicine).
2. Refer to 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 and may want to contact a health care provider. More guidance on this can be found here: [MDH COVID-19 Basics](#)
 - See the CDC website for [How to Minimize Spread](#).

This is a challenging time and I know many of you may be feeling stress or anxiety. You can seek support services by contacting XXXX and/or add any other local resources for stress, if applicable.

We will get through this together as a community, and will be stronger when we emerge.

Here are some additional resources:

Minnesota Department of Health, Health questions:

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

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

Sincerely,

Name