

Self-care best practices

- Practice good hand washing and hygiene practices. Wash your hands thoroughly with soap and water for 20 seconds or sanitizer with 60% alcohol after touching surfaces in public places.
- Avoid touching your face, eyes, and mouth.
- Avoid customary greetings that require physical contact such as hand-shaking.
- Cough or sneeze into elbow, not hands.
- Stay home when you're sick and avoid contact with sick persons outside work.
- Keep yourself informed. This means educate yourself about the COVID -19 virus, transmission and how and when to seek medical treatment.
- Limit exposure of all gathering and practice "social distancing" of at least 6 feet.
- Seek care when needed.

Take care of others

- In the spirit of caring for others, even with the spread of the COVID -19 virus, you can continue to care for families and neighbors. Support families and neighbors by checking in with people who live alone or self - isolating themselves by making a call to them to check-in on them. They may need support to pick up medications, food and cleaning supplies, but only do this if you are feeling well.
- If you are feeling unwell, let others know by telephoning or texting them. This will also help you

Mask usage

- Healthy individuals only need to wear a mask if taking care of a sick person.
- Wear a mask if you are coughing or sneezing.
- Masks are effective when used in combination with frequent hand cleaning.
- Do not touch the mask while wearing it. Clean hands if you touch the mask.
- Learn how to properly put on, remove and dispose of masks. Clean hands after disposing of mask.
- Do not reuse single-use masks.

Health Commons' Community Resources for COVID-19

COVID-19 Information & Health:

651-201-3920 or 1-800-657-3903 (7am-7pm daily)

Visit www.health.state.mn.us

Info COVID-19 and low/no cost healthcare information in multiple languages

MN Department of Health (MDH):

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

Coronavirus outreach materials / anti-discrimination

MN Department of Health (MDH):

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

Minnesota hotlines available to answer coronavirus-specific questions:

Community Mitigation Questions: 651-297-1304 or 1-800-657-3504

o This hotline can address any school, child care, and business questions. It is staffed by the MN Departments of Education and Human Services, and will be operating from 7AM-7PM.

Health Questions: 651-201-3920 or 1-800-657-3903

o This hotline is staffed by the MN Department of Health and will be operating from 7AM-7PM.

Language interpreters are available upon calling both hotlines.

Food:

- **Free meals for all youth aged 18 and younger:**

Minneapolis Public Schools is providing free meals at multiple school parking lots. Meals are available to any Minneapolis child, including those who attend charter schools and alternative schools. No paperwork or identification is needed,

Meal pickup services begin **Tuesday, March 17 and continue Mondays through Fridays from 10 am to 2 pm while schools are closed** due to the COVID-19 virus. Details and Frequently Asked Questions are found in either of these links:

<https://cws.mpls.k12.mn.us/COVID19>

https://nutritionservices.mpls.k12.mn.us/uploads/meal_pickup_sites_covid-19_3_16_20.pdf

- **Minnesota Food HelpLine** assesses the caller's situation and provides solutions to their food needs. 1-888-711-1151
<http://www.hungersolutions.org/programs/mn-food-helpline/>
- The **Hunger Solutions** website has an extensive list of food shelves, senior resources, free meals, discount groceries, and farmer's markets across the state of Minnesota.
<http://www.hungersolutions.org/find-help/> (1-888-711-1151)
- **Interactive Food Shelf Map** provided by the City of Minneapolis:
<http://www.ci.minneapolis.mn.us/sustainability/homegrown/WCMSP-185913> . There are further resources listed below the interactive map.
- So far, the **Twin Cities Mobile Market** is maintaining some level of service. But check their website for updates. This week, some of their stops have been cancelled.
<https://thefoodgroupmn.org/twin-cities-mobile-market/> You may also call Sxiong for more information and any cancellations at 612-470-6866.
- **Northpoint Health and Wellness Community Food Shelf:** 1835 Penn Ave N. New intakes are taken over the phone 612-767-9500. Hours: Monday-Thursday 10am-4pm.
<https://www.northpointhealth.org/community-food-shelf>

- **If you are a person who is able to donate:** There are many ways to help out so that people have food. In our own North Minneapolis community, there is a food drive taking place through April 4. <https://www.northpointhealth.org/donate>

School and Kids

- [The Minnesota Department of Education](#) has developed resources to address concerns related to education and schools. As of March 17, there are 20 sites around Minneapolis where students may pick up a meal between 10AM and 2PM. Links to information, including site names and address, are available in [English](#), [Spanish](#), [Hmong](#), and [Somali](#). Call 651-297-1304 or 1-800-657-3504 (7am-7pm daily)

Visit www.education.mn.gov

- Childcare providers with questions should call 1-888-234-1268
- National Public Radio (NPR)
 - [Just for Kids: A Comic Exploring The New Coronavirus](#)
- The National Child Traumatic Stress Network
 - [Parent/Caregiver Guide to Helping Families Cope with COVID 19](#)
- Scholastic is offering free online courses - [Learn at Home](#)
- TPT Twin Cities PBS
 - [How to talk to you kids about coronavirus](#)

Stress:

Information on managing stress during the COVID-19 outbreak from CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Redeemer Lutheran Church

612-886-1468

We are planning some times of online community prayer. Please let us know by email or phone any prayer requests, and/or community needs (illness, isolation, transportation, food, childcare, etc).

Transportation

In order to minimize the spread of coronavirus, [Metro Transit has suspended service](#) of all bus and Light Rail service between 11 PM and 4:30 AM. Those who rely on transit should use discretion, take action to prevent the spread of germs, and consider alternative transportation modes if concerned. Riders should expect that service may be somewhat unpredictable, similar to days when there is severe winter weather. The most efficient way to track your trip as you

use the system will be to use the [Show My Bus feature](#). Latest Transit updates can be found [here](#).

Workers and employers:

651-259-7114 or 800-657-3858

<https://mn.gov/deed/newscenter/covid/>

Small Businesses:

[The Economic Injury Disaster Loan program](#) provides small businesses and private non-profits working capital loans of up to \$2 million that can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing.

Immigration

As of March 18, all USCIS appointments in the Minneapolis-St. Paul Field Office are canceled. The Field Office will stay open for urgent and emergency appointments. If you have an urgent need, please contact my office as well as the USCIS Contact Center at 1-800-375-5283.

The State Department is still processing applications at some Embassies. Please contact my office if you have questions about how your case will be impacted.

Internet: Many companies have pledged to help [Keep American Connected](#) by offering free internet to families with students or low-income households during this time.

Other Resources:

Program in Health Disparities Research (PHDR at the U of M) consolidated resources:

https://docs.google.com/document/d/1w5rNLRPqIMURzGAP0gGTwILrbvzsG2420_A5gN7kX20/edit

Greater Twin Cities United Way Community Support: If you or someone you know is in need, dial 2-1-1 or text the letters MNCOVID to 898-211. United Way will make appropriate referrals for people who believe they are experiencing COVID-19 symptoms. They also are available to provide local resources related to accessing food, paying housing bills and other essential services.