



COVID-19 Resource links

Here is a list of links to state information regarding COVID-19: From Emily Saed – MFSD Executive Director

MDH COVID-19 Home: [click here](#)

MDH Situation Update: [click here](#)

MDH recommendations: [click here](#)

School and Childcare Resources

Homepage: [click here](#)

Tracking school closures and cancellations: [click here](#).

List of restaurants offering free lunches to students while K-12 schools are closed: [click here](#)

MDE school protocol PDF: [click here](#)

Walz Executive Order on School Closures: [click here](#).

COVID Resources – Federal guideline

For updates and information related to the spread of COVID-19 (coronavirus), please visit our [Resource Page for COVID-19 Updates](#).

The Centers for Disease Control and Prevention has set up a page dedicated to [what you need to know](#) about this virus and tips to stay safe.

Earlier this week, the President also [unveiled guidelines](#) that could help mitigate the spread of this disease in the coming weeks. Additionally, the White House Coronavirus response team suggested limiting all social gatherings to groups of fewer than ten people for the next two weeks.

If you are a business owner in need of financial assistance, you can learn more about the types of resources currently offered by the Small Business Administration, [here](#).

If you are an employee displaced from your job, you can find more information about new unemployment guidance issued by the Governor's office, [here](#).

If you are a parent with children home from school, there are resources available to keep kids engaged in academics outside of the classroom. Scholastic has established a [“Learn at Home”](#) program for K-12 students. The Department of Education has compiled a list of resources and FAQs for students managing student loans and incomplete semesters of study, [here](#).

Talking with Students – Public Health Partners News

[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)

[Coping with Stress During Infectious Disease Outbreaks](#)

[Coronavirus \(COVID-19\) Partner Toolkit](#)

Moving through Crisis Situations – Dr. Zane Sheehan – MDE AFNR Specialist –

Rural Mental Health Specialists at MN Dept. of Agriculture spoke to our teachers. They shared the following strategies for moving through a crisis situation, specifically processing emotion and moving beyond emotion that clouds the mind, towards planning. Thought I would share.

1. Assess what is within your control.
2. Acceptance of what is outside of your control.
3. Make a plan in writing - to do lists, schedule priorities
 - Begin tasks
4. 5. Practice self-care (sleep, water, healthy eating, hobbies, exercise, support system, etc)

<https://www.healthline.com/health/stress/amygdala-hijack#takeaway>

Public Health Services Newsletter - April 1st - A Roadmap to Recovering

[National Coronavirus Response: A Roadmap to Recovering](#)