

Dear colleagues,

Given that COVID and other respiratory illnesses such as influenza are spread via aerosol particles and respiratory droplets, we want to keep one another, our families and communities as safe as possible.

For our 2024 Annual Conference and any of our indoor events, out of an abundance of safety, and with respect to those in our community who are at greater risk, we invite the following precautions:

- ***Please wear a mask to protect yourself and others.*** You can find [more on masking](#) from the Minnesota department of health here. We will do our best to provide some masks at the conference and indoor events but really appreciate you providing your own masks whenever possible. While we understand that not everyone will be seriously affected by long-term consequences of potential, repeated COVID 19 infections, we want to practice ethics of care that center our most vulnerable community members who might be more impacted by exposure to this and other viral, respiratory infections.
- ***Please do not attend if you feel sick.*** We will reimburse your conference registration with proof of PCR test if you become sick with COVID prior to the conference.
- ***If you are recovering from COVID and have not yet tested negative, or if you have been exposed to COVID, please follow [CDC guidelines](#) to isolate for at least 5 days and up to 10 days (there is a calculator as well on the CDC website).*** Please continue to isolate, if you have a fever or other symptoms. Please wear a mask at all times during the event if you think you might have been exposed to COVID, even if you are symptom free.
- ***We encourage you to be vaccinated and keep updated with your vaccinations and boosters as part of practicing community care for one another.*** We will not be checking proof of vaccination at our events but rather trust that as caring healthcare providers we are committed to the wellbeing of our communities.
- ***If you are able to take a rapid test before the conference, we strongly encourage you to do so.*** Once again, this enables us to keep one another safe and ensure that we have an enjoyable event and not a COVID or flu super spreader event instead.
- ***We encourage you to check levels of COVID in your county*** through [this CDC tool](#) but please note that not all counties are still monitoring levels at this time.
- ***Please wash your hands after using the restroom, sneezing, eating and generally follow good [public health rules](#)*** in order to keep one another, our families and communities safe from a range of illnesses that are highly transmissible at public events, such as COVID and the flu. Although you might not be highly impacted by these, others might be facing much more costly repercussions if they become sick.

Thank you for caring for yourselves and our communities.