

From: Bethel University <covid-19@bethel.edu>

Subject: What to Do if You Are Diagnosed with COVID-19

Audience: Staff, Faculty, and Students

As the number of confirmed COVID-19 cases in Minnesota continues to grow, we want to provide our community with resources in the event you or someone you know is diagnosed with COVID-19.

Bethel is in regular contact with the Minnesota Department of Health (MDH). If a Bethel community member is diagnosed with COVID-19 and the university needs to take action, MDH will contact our emergency management team with instructions on how to proceed.

- If you have been told of a Bethel community member case and are concerned about possible exposure, please consult the [MDH website](#) or contact the emergency management team at covid-19@bethel.edu.
- MDH will advise the emergency response team on Bethel's role and next steps. Any action by the university will be initiated by the emergency management team, who will coordinate efforts with appropriate offices.
- Anyone who is diagnosed should follow the advice of their healthcare provider.

The Centers for Disease Control and Prevention (CDC) provides information on [COVID-19 symptoms](#) and what to do if you think you have been exposed. At this time, the Minnesota Department of Health advises that **if you have symptoms and can manage those symptoms at home, you don't need to seek healthcare or be tested for COVID-19. The most important thing you can do is stay home while you are ill and follow CDC [guidelines for self-quarantine](#).**

- If you are experiencing life-threatening symptoms, call 911 or go to the emergency room.
- If you have underlying medical conditions, let your healthcare provider know you are sick.
- If your symptoms worsen, call your healthcare provider *before* going to the clinic.
- If it is not an emergency, using telehealth may be a good option. Registered Nurses in the Office of Health Services are available to give advice and field questions related to COVID-19. Call 651.638.6215 and leave a voice message or email health-services@bethel.edu. A nurse will respond in a timely manner.
- If you need additional guidance, please call the MDH hotline at 651.201.3920 or 1.800.657.3903, 7 a.m. to 7 p.m.

Now that evidence of community transmission has surfaced in Minnesota and other states, it is imperative that we follow the MDH's [guidelines for social distancing](#). Thank you for protecting the safety and wellbeing of our community and the communities around us.

-tim

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