



Minnesota Department of Health Resource Updates As of 10/26/20

CDC

- Trick or Treating and Other Halloween Activities: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/halloween.html>
- Steps to Take When Trick or Treating: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/Trick-or-treating.pdf>
- Steps to Take for Other Halloween Activities: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/daily-life-coping/Halloween-Other-Activities.pdf>
- Travel during the COVID-19 Pandemic: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
- Test for Current Infection: <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>
- How COVID-19 Spreads: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>
- Toolkit for Youth Sports: <https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/youth-sports.html>
- Similarities and Differences between Flu and COVID-19: <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>
- Toolkit for Businesses and Workplaces: <https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/business-workplaces.html>

MDH

- Safe Voting: <https://www.health.state.mn.us/diseases/coronavirus/voting.html>
- COVID-19 Test At Home: <https://www.health.state.mn.us/diseases/coronavirus/testsites/athome.html>
- Free COVID-19 Test At Home Flyer: <https://www.health.state.mn.us/diseases/coronavirus/testsites/athome.pdf>
- Oxygen Levels, Pulse Oximeters, and COVID-19: <https://www.health.state.mn.us/diseases/coronavirus/pulseoximeter.html>
- Interim COVID-19 Vaccination Plan Executive Summary: <https://www.health.state.mn.us/diseases/coronavirus/vaxplansumm.html>

- Multilingual posters (How to Safely Wear Your Mask, Lower Your Risk of COVID-19, Prevent the Spread of COVID-19, Viruses Don't Discriminate and Neither Should We, Preparing for COVID-19): <https://www.health.state.mn.us/diseases/coronavirus/materials/index.html#posters>
- Guidance for Gatherings: Faith-based Communities, Places of Worship, and Ceremonies: <https://www.health.state.mn.us/diseases/coronavirus/guidefaith.pdf>
 - Available in [Hmong](#), [Karen](#), [Somali](#), and [Spanish](#)
- COVID-19 Community Saliva Testing, now open in St. Cloud, Mankato, Winona, Moorhead, Brooklyn Park and Duluth: <https://www.health.state.mn.us/diseases/coronavirus/testsites/saliva.html>
- Tracing COVID-19: <https://www.health.state.mn.us/diseases/coronavirus/tracing.html>
- MDH Media Briefings: <https://ccxmedia.org/coronavirus-impact/>
 - ASL interpretation of media calls: <https://www.youtube.com/user/MNCDHH/videos>
- When can I return to work after being sick with COVID-19? Video in Chinese: <https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html#sick>
- When can I return to work if someone living with me is sick? Video in Chinese and Spanish: <https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html#sick>
- Managing COVID-19 Symptoms at Home Video in Somali, now in 13 languages: <https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html#sick>
- Testing for COVID-19 Video in Arabic, now in 12 languages: <https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html#test>
- COVID-19 Symptoms Video in Lao, now in 12 languages: <https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html#sick>
- COVID-19 Community Testing: <https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>
 - Hmong: <https://www.health.state.mn.us/diseases/coronavirus/testsites/hmong.html>
 - Somali: <https://www.health.state.mn.us/diseases/coronavirus/testsites/somali.html>
 - Spanish: <https://www.health.state.mn.us/diseases/coronavirus/testsites/spanish.html>

Governor's Office

- Apply to join MN Young Women's Cabinet (Applications due November 2): <https://mn.gov/governor/administration/womens-initiative/>
- Find Testing Locations: <https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>

Mental Health

- COVID-19 Wellness Pocket Guide: <https://www.health.state.mn.us/diseases/coronavirus/hcp/mhpocket.pdf>
- Disaster Mental and Behavioral Health and COVID-19: <https://www.health.state.mn.us/communities/ep/behavioral/covid19.html>
- Mental Health Support: <https://mn.gov/covid19/for-minnesotans/get-help/mental-health.jsp>
- Caring for yourself in the face of difficult work: https://proqol.org/uploads/proqol_org_helper_pocket_card.pdf
- Sleep Guidelines During the COVID-19 Pandemic: <https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>
- Veterans' Support: <https://servingveterans.withgoogle.com/#veterans-voices>

Funding

- COVID-19 Community Food Security Supports (due October 28 at 12pm): www.minneapolisismn.gov/foodshelves

- Greater Minnesota Transportation Alternatives Solicitation (LOI due October 30): <http://www.dot.state.mn.us/ta/>
- America Walks Community Change Grant (due November 9): <https://americawalks.org/community-change-grants/>
- Community Change Grants (due Nov. 9): <https://americawalks.org/community-change-grants/>
- Disability Services Provider Public Health Grants (due November 15): https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionS electionMethod=LatestReleased&dDocName=DHS-327396
- Youth/Young Adult Violence Intervention, Crime Victim Services and Community COVID Response (until funds run out or Nov 16): <https://dps.mn.gov/divisions/ojp/grants/Pages/covid-19-youth-intervention-crime-victim-services-funds.aspx>
- Safe Routes to School Boost Grants (due November 25)
 - Boost Grants: <http://www.dot.state.mn.us/saferoutes/boost-grants.html>
 - Planning Assistance: <http://www.dot.state.mn.us/saferoutes/planning-grants.html>
- Heading Home Alliance: Coronavirus Relief Fund-Emergency Services Program Funds (rolling review until November 30): <https://headinghomealliance.com/funding-resources-for-covid-response/>
- Housing Assistance Program: <http://www.mnhousing.gov/sites/np/covid19housingassistanceprogramFAQ>
 - Available in [Spanish](#), [Hmong](#), and [Somali](#)
- Hennepin County Emergency Housing Assistance: <https://www.hennepin.us/rent-help>
 - Need Help Paying Rent? Flyer in [English](#), [Spanish](#), [Somali](#), [Hmong](#), [Oromo](#), and [Russian](#)

Workshops/Webinars:

- Addressing the Health Impact of Intimate Partner Violence & Human Trafficking During COVID-19 (November 9 at 2pm): https://us02web.zoom.us/webinar/register/WN_ro1k8iBHRGiBmLNQ6XRYXQ
- Food for Health: Breaking Bread & Breaking Barriers with Celebrity Chef, Carla Hall (Nov. 10 at 2pm): <https://www.sph.umn.edu/event/food-for-health-breaking-bread-breaking-barriers/>
- COVID-19 and Mental Health in the Workplace: Solutions for Employers and Employees (webinar recording): <https://www.nihcm.org/categories/covid-19-and-mental-health-in-the-workplace-solutions-for-employers-and-employees>
- Linking Leaders Racial Equity Townhall Recording (Passcode: %+1#.x3u): https://caalmn.zoom.us/rec/share/3gXYAlj9PTG1Kbq4M4OkDf5Z_q2apAC42pfOprnytMoMtsl6Y98avLEKENjAj2o6_OHBbO_nlnzb7ymd

Other

- Minnesota Elections and Voting: <https://www.sos.state.mn.us/elections-voting/>
 - Available in [Spanish](#), [Hmong](#), [Somali](#), [Vietnamese](#), [Russian](#), [Chinese](#), [Lao](#), [Oromo](#), [Khmer](#), and [Amharic](#)
- City of Minneapolis 2020 Voter Guide (English, Hmong, Somali, and Spanish): <https://vote.minneapolismn.gov/voters/voting-guide/>
- Safe Voting (Spanish): <https://www.ledcmn.org/es/noticias/su-voto-importa/>
- A Toolkit to Ensure People Experiencing Homelessness Can Exercise Their Right To Vote: https://endhomelessness.org/wp-content/uploads/2020/09/NAEH_EveryOneVotes_05.pdf
- Disability Rights and How to Vote Video: <https://youtu.be/CeqLYGS7uh8>
- How COVID-19 Affects Your Heart video: <https://youtu.be/QAgSsHIPYYQ>
- Early Intensive Developmental and Behavioral Intervention (EIDBI) Benefit Program: <https://mn.gov/dhs/partners-and-providers/news-initiatives-reports-workgroups/long-term-services-and-supports/eidbi/eidbi.jsp>

- Brochures in [English \(PDF\)](#), [Hmong \(PDF\)](#), [Karen \(PDF\)](#), [Oromo \(PDF\)](#), [Russian \(PDF\)](#), [Somali \(PDF\)](#), and [Spanish \(PDF\)](#)
- EIDBI Treatment Modality Submission Form:
<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3807A-ENG>
- COVID-19 Housing Assistance Program (CHAP) Application Assistance (in Spanish):
<https://www.ledcmn.org/es/noticias/programa-de-asistencia-para-la-vivienda-covid-19-chap/>
- MNSure Navigator Outreach and Enrollment Grantee Organizations Map:
 - Available in [English](#), [Hmong](#), [Russian](#), [Somali](#), [Spanish](#), and [Vietnamese](#)
- TPT Stories of COVID-19 Resiliency (all open captioned in English)
 - [Abdirahman Issa Kahin \(Somali\)](#), [Kongmeng Lee \(Hmong\)](#), [Roosevelt Mansfield \(English\)](#), and [Erendira Garci \(Spanish\)](#)
- Immigrants in COVID America: <https://immigrantcovid.umn.edu/>
- COVID-19 Vaccine Clinical Study in Minnesota: <https://www.healthpartners.com/covid-19/covid-19-vaccine-study/>