



## Minnesota Department of Health Resource Updates As of 11/09/20

### CDC

- Things to Know about the COVID-19 Pandemic: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html>
- Households Living in Close Quarters: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>
- Living in Shared Housing: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>
- People with Certain Medical Conditions: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>
- COVID-19 Questions and Answers: For People Who Use Drugs or Have Substance Use Disorder: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/other-at-risk-populations/people-who-use-drugs/QA.html>
- Test for Current Infection: <https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>

### MDH

- COVID-19 Community Coordinators: <https://www.health.state.mn.us/ccc>
- Preventing Spread of COVID-19 in Multifamily and Multigenerational Households: <https://www.health.state.mn.us/diseases/coronavirus/multifamily.pdf>
- Planning Funeral and Memorial Services during COVID-19: <https://www.health.state.mn.us/facilities/providers/mortsci/docs/planduringcovid.pdf>
- Case Investigation & Contact Tracing: <https://www.health.state.mn.us/diseases/coronavirus/tracing.pdf>
- COVID-19 Contact Tracing: How it Works Video in Spanish and Chinese: <https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html#sick>
- Testing for COVID-19 Video in Somali, now in 13 languages: <https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html#test>
- Tips for Wearing a Mask: <https://www.health.state.mn.us/diseases/coronavirus/materials/masktips.pdf>
- Minnesota Helpline (Monday-Friday 9am-4pm): 651-297-1304 or 1-800-657-3504

- COVID-19 Community Saliva Testing, now open in Minneapolis, St. Paul, St. Cloud, Mankato, Winona, Moorhead, Brooklyn Park, and Duluth. MSP Airport site opens on 11/12: <https://www.health.state.mn.us/diseases/coronavirus/testsites/saliva.html>
  - Community Saliva Testing events are free. When you register online for an appointment, you do not have to input any payment information. If you are prompted to provide payment information while signing up, please start over from the MDH website above or try a different browser.
- How COVID-19 Spreads in Communities Video: [https://youtu.be/OjdKdulpc\\_Y](https://youtu.be/OjdKdulpc_Y)
- COVID-19 Community Testing Data: <https://www.health.state.mn.us/diseases/coronavirus/testsites/testdata.html>
- Staying Active During the COVID-19 Pandemic: <https://www.health.state.mn.us/communities/physicalactivity/covid19.html>
- When can I return to work after being sick with COVID-19? Video in Spanish and Chinese: <https://www.health.state.mn.us/diseases/coronavirus/materials/videos.html#sick>
- COVID-19 Symptoms Video in Arabic, now in 13 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**

- Frequently Asked Questions about COVID-19 Testing: <https://mn.gov/covid19/for-minnesotans/if-sick/faq/index.jsp>
- COVID-19 Testing Complaints and Feedback Form: <https://mn.gov/covid19/for-minnesotans/if-sick/feedback/online.jsp>
- Find Testing Locations: <https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp>

#### **Mental Health**

- SAMHSA Training and Technical Assistance Related to COVID-19: <https://www.samhsa.gov/sites/default/files/training-and-technical-assistance-covid19.pdf>
- Mental Health First Aid: A Primer for Public Health Professionals and Communities Webinar Recording: <https://youtu.be/bk2duPMDY2w>
- Yoga Tailor: <http://www.yogatailor.com/>
- Tips for Young Parents: Coping During the COVID-19 Pandemic: <https://www.aecf.org/m/resourcedoc/aecf-helpingyoungparentscope-2020.pdf>

#### **Funding**

- 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](https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionS_electionMethod=LatestReleased&dDocName=DHS-327396)
- Supporting Community Organizations to Strengthen Vaccine Confidence Pilot Project (due November 16 at 3:30pm): <https://www.cdcfoundation.org/sites/default/files/2020-10/VaccineConfidencePilot-RFP.pdf>
- Urban Indian Health Institute Community Grants Program (multiple programs, deadlines as soon as November 20): <https://www.uhi.org/projects/community-grants-program/>

- Fit for Life Foundation Grants for Healthy Aging (due November 23): <https://www.fitforlife.foundation/awards-application>
- 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/>
- EmPOWERED to Serve Business Accelerator Minnesota for women entrepreneurs (due December 15): <https://www.empoweredtoserve.org/en/capital-access-grant-funding/business-accelerator-minnesota>
- Housing Assistance Program, available in [English](#), [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:

- FEMA Mask Considerations and Usage for COVID-19 (November 10 at 1:30pm): [Register here](#)
- 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/>
- MDH COVID-19 Community Partners Call (November 17 at 9am): [Register here](#)
- Supporting Safety for Families of Children with Neurodevelopmental Disorders during COVID-19 (November 17 at 2pm): [https://ihscqpub.cosocloud.com/content/connect/c1/7/en/events/event/private/1302046856/1974637954/event\\_landing.html?sco-id=1979830438& charset =utf-8](https://ihscqpub.cosocloud.com/content/connect/c1/7/en/events/event/private/1302046856/1974637954/event_landing.html?sco-id=1979830438& charset =utf-8)
- Addressing Mental Health of K-12 Students during COVID-19 (November 18 at 11am): [https://femacqpub1.connectsolutions.com/content/connect/c1/7/en/events/event/shared/148225860/event\\_registration.html?connect-session=breezbreezbcw2bias8ay4y6y&sco-id=159881854& charset =utf-8](https://femacqpub1.connectsolutions.com/content/connect/c1/7/en/events/event/shared/148225860/event_registration.html?connect-session=breezbreezbcw2bias8ay4y6y&sco-id=159881854& charset =utf-8)
- Leading through Crisis- The Importance of Mindset, Self-care, and Leader Resilience (November 18 at 3pm): <https://astho.org/t/event.aspx?eventid=22834>
- Little Moments Count Virtual Event (December 1 at 8am): <http://events.r20.constantcontact.com/register/event?oeidk=a07ehcctphg1fa1e5d6&llr=7ulo9toab>
- NICHQ LENS Care: Leading Equity Now in Systems of Care Webinar (December 1 at 3pm): <https://www.nichq.org/registration-page-lens-care-leading-equity-now-systems-care>

#### Flu

- Minneapolis Free Flu Shot Clinic on November 14: <http://news.minneapolismn.gov/2020/10/15/free-covid-19-tests-and-flu-shots-coming-up-2/>
- Where to Get Vaccinated: <https://www.health.state.mn.us/people/immunize/basics/vaxfinder.html>
- Vaccine Finder: <https://vaccinefinder.org/>

#### Other

- MNSure Open Enrollment runs through December 22: <https://www.mnsure.org/>
- Quit Partner: <https://www.quitpartnermn.com/>
  - Available in [Spanish](#), [Somali](#), and [Hmong](#)
  - American Indian Quitline: <https://www.quitpartnermn.com/american-indian-quitline/>
  - My Life, My Quit Teen Program: <https://www.quitpartnermn.com/quit-your-way/my-life-my-quit/>

- Minnesota Black Community COVID-19 Hotline: <https://mailchi.mp/aalftc/introducing-the-mn-black-community-covid-19-hotline>
- #SpreadInfoNotCOVID Youth Video Contest: <https://airtable.com/shrDEdGMcejPafDlu>
- Ramsey County Landlord Assistance Program: <https://www.ramseycounty.us/landlordassistance>
- Case Investigator Job Openings: <https://www.roseit.com/Jobs/Case-Investigator-Work-at-Home-Rose-International-Job-350445.html>
- Department of Human Rights Civil Rights Investigation Process: <https://mn.gov/mdhr/intake/what-happens-next/>
- Interfaith Action of Greater Saint Paul Community Power Up Legal Resources: <https://interfaithaction.org/what-we-do/powerup/>
- Framing COVID-19: <https://www.frameworksinstitute.org/framing-covid-19/>
- ASL Interpretation of Media Briefings: <https://www.youtube.com/user/MNCDHH/videos>

**Note:** Please beware of misinformation and fraudulent sources that are copying Minnesota State graphics. When in doubt, please visit the MDH website (<https://www.health.state.mn.us/diseases/coronavirus/index.html>) or the Governor's Office website (<https://mn.gov/covid19/>) for accurate information.