



Indian Student Association
UNIVERSITY OF MINNESOTA

Dear everyone,

With universities shifting to a complete online platform all across the country, it is still uncertain what the future of the University of Minnesota holds. Over the past few months, the administration has made drastic changes to limit the spread of COVID-19 by making changes to on-campus housing, dining halls, classrooms, and university events. A full summary of the university's changes can be found in this [document](#). The university has also taken measures to assist international students during these times. Here is a [link](#) that outlines information for international students at home or on campus.

As for Indian Student Association, with the current situation in mind, all of the fall events will be held **online**. The Indian Perspective discussions and other collaborations are to be conducted over zoom as well with an opportunity to speak in smaller breakout groups and get to know one another. For our virtual Fall Show, we plan on live streaming the event so you can enjoy it from the comfort of your own home.

Minnesota is currently following the **Phase 3** response to the pandemic. Updated social distancing guidelines state that:

- Social gatherings should be limited to 10 or less, if indoors, and 25 or less, if outdoors
- Everyone is required to maintain 6 feet distance between each other
- Wear masks when in public
- In case of places where social distancing cannot be maintained, people are required to wear a face covering along with a mask.
- Additionally, the public is urged to limit their partake in social gatherings, and to telework as much as possible.

If you are experiencing symptoms or believe you have been exposed to COVID-19, it is critical to **get a COVID-19 test and self isolate yourself**. Most testing sites include a nasal swab examination and results should come out in 2-3 days.

COVID-19 Resources:

- <https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp> - This website maps out available **COVID-19 test sites**. Users are able to search for their city and find a clinic or test site near them. **Please review the requirements specific to each site before you go to get tested.**
- <https://boynton.umn.edu/coronavirus> - **COVID-19 tests are available at Boynton** for UMN students, faculty, and staff that are experiencing symptoms, have been in close contact with someone with COVID, or health care staff.
- Minnesota COVID-19 Helpline: **651-297-1304 or 1-800-657-3504** (Mon - Fri: 9AM to 4PM; Weekends 8AM to 4PM)
- Mental Health Support: Adults - **1-888-626-4435**; Children - **1-800-528-4511**
- Additional Mental Health Support: <https://mn.gov/covid19/for-minnesotans/get-help/mental-health.jsp>
- South Asian Free Mental Health Support: <https://sewa-aifw.org/event/mental-health-consultations/>

If you have any questions or concerns, please feel free to contact us. Let us know if ISA can support you in any way and remember to stay safe and healthy!

Warm regards,
Indian Student Association