



Updated: March 11, 2020

Coronavirus Disease 2019 (COVID-19)

The MSHSL is actively monitoring the Coronavirus Disease (COVID-19) situation in the United States and here in Minnesota. The situation is rapidly evolving, and we are relying on the most current information from the Centers for Disease Control and Prevention (CDC) and the Minnesota Department of Health (MDH) to direct our decisions and actions. At this time, MDH is not recommending the cancellation of events or extra-curricular activities. Current information on Coronavirus impact in Minnesota can be found at:

<https://www.health.state.mn.us/>

The MSHSL is also in consistent communication with the management of the venues in which our Winter State Tournaments are held (University of Minnesota, Target Center, Bloomington Jefferson, Concordia University, etc.) regarding our tournaments. Together, we remain responsive to the recommendations and requirements from the CDC and MDH. At this time, there are no specific requirements for our events or these venues.

Additionally, the MSHSL continues to monitor ways in which spring activities may be impacted over the next months. We are actively planning for these impacts and will share more information when it becomes available.

Recommendations from the CDC and MDH remain consistent with those that support good community health and are prevalent in member schools and across the state. Most importantly, symptoms of COVID-19 include fever, cough and shortness of breath. If you are suffering from these symptoms contact your healthcare provider and avoid contact with others including at school activities.

The CDC recommends everyday proactive actions to help prevent the spread of respiratory diseases, including:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Additional information on the Coronavirus Disease can be found at:

<https://www.health.state.mn.us/diseases/coronavirus/index.html>