

Coronavirus (COVID-19) Resources

General information

Office of MN Governor: <https://mn.gov/governor/covid-19/>
<https://www.health.state.mn.us/diseases/coronavirus/materials/glossary.html> (Glossary of Terms)
<https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html> (Symptoms)
<https://www.health.state.mn.us/diseases/coronavirus/materials/basics.pdf>
[Vaayrasii Koroona \(COVID-19\)](#) (Oromo)
[Koronafayaska Cusub \(COVID-19\)](#) (Somali)
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> (Advice)

Prevent the Spread

<https://www.health.state.mn.us/diseases/coronavirus/materials/preventtabletent.pdf>
<https://www.health.state.mn.us/diseases/coronavirus/materials/socdistwork.pdf> (Social Distancing)
<https://www.health.state.mn.us/diseases/coronavirus/materials/preventsomali.pdf> (Somali)
<https://www.cnn.com/2020/02/28/health/how-to-wash-hands-coronavirus-trnd/index.html> (Handwashing)
<https://www.youtube.com/watch?v=hyDE1DtSA1s&feature=youtu.be> (Handwashing video – Somali)

Health and Wellness

Minnesota Index

<https://www.minnesotahelp.info/Index>

Mental health support (NAMI):

<https://namimn.org/support/mental-health-support-and-information-on-covid-19/>

Mental Health Minnesota:

<https://mentalhealthmn.org/support/community-resources/statewide-mental-health-resources/>

Mental health resources

<http://www.mhresources.org/>

Podcast: [How to Conquer Anxiety](#)

Contacts if you need help and/or information

MN Department of Health COVID-19 Health questions hotlines: 651.201.3920 or 1.800.657.3903

New Century School Licensed School Nurse (Tara Meyer): 651.478.4535

City of St. Paul: 651.266.6000 Email: LanguageResources@ci.stpaul.mn.us

<https://www.stpaul.gov/departments/emergency-management/coronavirus-covid-19/covid-19-updates>

Ramsey County: <https://www.ramseycounty.us/coronavirus-disease-2019-covid-19-information>

MN Unemployment Insurance:

<https://www.uimn.org/applicants/howapply/info-handbook/applying-benefits.jsp>