COVID-19 Update
November 18, 2020

A community of learners improving our world
Presentation Format

- Zoom webinar format
- All lines are muted - Chat function is disabled
- Questions submitted in advanced will be answered throughout presentation

This session is being recorded and will be available on the COVID-19 website

Any questions submitted through the Q&A function will be answered at the end of the presentation
Agenda

• Up Front – Vice President Scott Ellinghuysen
• COVID-19 Latest – Health Service Director Connie Kamara
• Academic Affairs and Classroom Instruction – Provost Darrell Newton
• Student Life – Vice President Denise McDowell
• WSU Employees – Human Resources Director Lori Reed
Up Front

• Governor Walz – 6pm Tonight (Wednesday, Nov 18th)
  • Additional restrictions due to COVID-19 spread throughout State
  • Changes that impact WSU, we will communicate to you

• Please Lay Low for Thanksgiving
  • Restrict your travel, immediate family only, etc

• Vaccines Look Promising, **But It’s a Long Road**

• Future COVID-19 Update Meetings
  • Wednesday, January 6th, 2021 – 2pm
COVID-19 Latest

Connie Kamara

Director of Health Services
Be A COVID-19 Hero

November 18, 2020
Covid-19 Update

• WSU’s cases on a steady increase
• Cases increasing in Winona and across MN and the Region, Nation - doubling
• Fergus Falls and St Cloud are in the top 20 nationwide for current outbreaks
• Rochester, Mankato, Faribault-Northfield top in rate of increase nationwide
• Hospitals are activating Surge plans
• Very few ICU beds left
The Swiss Cheese Respiratory Virus Pandemic Defence

Recognising that no single intervention is perfect at preventing spread

Personal responsibilities

Shared responsibilities

Each intervention (layer) has imperfections (holes).
Multiple layers improve success.
Wellness Blogs blogs.winona.edu/wellness

Where to Get a COVID-19 Test

Why You Should Lay Low

KNOCK OUT THE FLU AT WINONA STATE

Safe Travel During a Pandemic

How to Prep for Travel: Two Weeks Before You Go

Safe Travel During a Pandemic
BEFORE YOU GO

Stay Here
It is recommended for students to stay on campus if they have in-person requirements after break. It is not recommended for students to return to campus after break unless they have an in-person requirement or an exception.

Get Your Flu Shot
3 Reasons to Get Your Flu Shot
- Protect yourself and your family
- Help differentiate between illnesses (Flu vs. COVID)
- Build a healthy immune system and less sick days

Flu Shot Clinics
Thursday Nov. 18th & Monday Nov. 22nd from 10AM-4PM
Kryeza Commons in the Oak Rooms (F223 & F224)

Go Home & Stay Home
For students with no in-person requirements after break, it is recommended for students to return home until spring semester if they have all online classes after break.

Get Tested
1. It is recommended to get tested now (or as soon as possible) and again 2-3 days prior to traveling.

- If symptomatic or had close contact
  Health & Wellness Services
  Call 507-451-2292

- If asymptomatic
  Winona Mall Testing Site
  Schedule an appointment

Lay Low
Laying low, before, during, and after break will help keep you and your family safe. Laying low is similar to a self-imposed quarantine. When you are laying low, you want to decrease your amount of close contacts.
- Limit the interactions you have with others
- Limit the duration of those interactions
- Limit the number of outings

Research COVID Case Load
Research your home and local Winona communities COVID-19 case load. Currently COVID cases are rising across the nation, and some communities may have travel restrictions due to high case numbers.
- High positivity rates may indicate that the community is reaching testing capacity and experiencing high levels of transmission and community spread.
- If positivity rates are high, take extra precautions while traveling or reconsider your trip altogether.

Holiday Gatherings
Due to nation-wide surge of COVID-19 cases it is not recommended for families to gather this year. We strongly encourage families to explore virtual options and other ways to gather safely that don’t involve contact.
- Video chat your Thanksgiving dinner
- Prepare a Thanksgiving meal & drop-off at family members’ houses
- If you are gathering this season, remember to hold the gathering outdoors & keep it small with 10 people (5 families).

Traveling
Traveling increases your chances of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19 – CDC
- Stay home when appropriate. If you are ill or have symptoms of COVID-19, please stay home, get tested and do not travel.
- The safest way to travel is alone in your own vehicle, or with others within your current household.

For more information, visit blogs.winona.edu/wellness
GET TESTED

It is recommended to get tested NOW (or as soon as possible) and again 2-3 days prior to traveling.

2

If symptomatic or had close contact
Health & Wellness Services
Call 507.457.2292

If asymptomatic
Winona Mall Testing Site
Schedule an appointment

Where to Get Tested

Please bring your insurance information to your appointment.
GET YOUR FLU SHOT

3 Reasons to Get Your Flu Shot

- Protect yourself and your family
- Help differentiate between illnesses (Flu vs. COVID)
- Build a healthy immune system and less sick days

Flu Shot Clinics
Thursday Nov. 19th & Monday Nov. 23rd from 10AM–4PM
Kryzsko Commons in the Oak Rooms (F223 & F224)
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- Limit the interactions you have with others
- Limit the duration of those interactions
- Limit the number of outings
TRAVELING

5

Traveling increases your chances of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19. - CDC

Stay home when appropriate. If you are ill or have symptoms of COVID-19, please stay home, get tested and do not travel.

The safest way to travel is alone in your own vehicle, or with others within your current household.

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HOLIDAY GATHERINGS

Due to nation-wide surges of COVID-19 cases it is not recommended for families to gather this year. We strongly encourage families to explore virtual options and other ways to gather safely that doesn’t involve contact.

- Video chat your Thanksgiving dinner
- Prepare a Thanksgiving meal & drop-off at family members’ houses

If you are gathering this season, remember to hold the gathering outdoors & keep it small with 10 people (2 families).
Holiday Gatherings Safety Guidance for COVID-19

**Lower Risk**

*Given the numbers & cases rising nation-wide, gathering is not recommended and we are strongly encouraging families to explore virtual options for gathering safely this holiday season.*

- Having a virtual dinner and sharing recipes with friends and family.
- Preparing traditional family recipes for family and neighbors and delivering them in a way that doesn’t involve contact with others.
- Connecting with those who are at higher risk for COVID-19.

**Moderate Risk**

- Hosting a small gathering outdoors with 10 people (3 families) who live locally, limiting the duration of the gathering.
- Requiring masks for the entire duration of the gathering, especially while indoors. The only exception should be for those who have medical conditions or temporarily to eat or drink.
- Hosting your gathering indoors with enough room for everyone to maintain 6 feet of physical distance throughout the event and windows are kept open.
- Having guests bring their own food, beverages, cups, dishes, and utensils OR pre-package everyone’s meal in.

**High Risk**

- Hosting an indoor gathering with more than 10 people (3 families), including others who live out of state or from communities that have high COVID case numbers.
- Gathering indoors in a tight space where physical distance is difficult to maintain.
- Not enforcing or encouraging mask wearing.
- Serving food buffet style using reusable plates, cups, and utensils.
- Using alcohol or drugs, which can cloud judgment and increase risky behaviors.
<table>
<thead>
<tr>
<th>Health: Improve your Sleep from Week 1 in workbook</th>
<th>Like &amp; Follow Got Health &amp; Happiness on Facebook</th>
<th>Comment on a Wellness Wednesday video</th>
<th>Like &amp; Follow @WSUHealth on social media</th>
<th>Wash all of your masks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Separate &amp; label all your own personal towels</td>
<td>Attend a social gathering of more than 10 people</td>
<td>Health: Breathe from Week 4 in workbook</td>
<td>Go home for a weekend</td>
<td>Emotional Skills: What Went Well &amp; Why? from Week 2 in workbook</td>
</tr>
<tr>
<td>Attend a virtual event</td>
<td>Emotional Skills: Give Yourself a Break from Week 3 in workbook</td>
<td>Get your Flu Shot</td>
<td>Self-Talk for Stressful Situations from Week 3 in workbook</td>
<td>Assemble a COVID care kit</td>
</tr>
<tr>
<td>Meditate for 30 minutes everyday for a week</td>
<td>Go to campus without passing the Daily Self Assessment</td>
<td>Emotional Skills: Watch your Mental Health Diet from Week 4 in workbook</td>
<td>Eat indoors at a restaurant or bar</td>
<td>Health Exercise from Week 2 in workbook</td>
</tr>
<tr>
<td>Set a Mini Goal from Week 1 in workbook</td>
<td>Study at home or with a friend virtually</td>
<td>Wave “Hello” to a friend</td>
<td>Hang out with a friend outdoors with a mask or virtually</td>
<td>Order food for pick-up or contactless delivery</td>
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</tbody>
</table>
Be a Hero
Blogs.winona.edu/wellness
Q: Can students that are asymptomatic get tested before returning home? What is the process? Are the results rapid or longer or both?

A: The Minnesota Department of Health has a COVID-19 saliva testing site located at the Winona Mall. This site is for anyone who is wanting testing so those who are asymptomatic should go there for testing.

WSU Health and Wellness Services is only able to test those who are symptomatic or have been in contact with a positive case.

Results at the MDH site have been taking 24-48 hours. They do accept walk-ins but appreciate appointments which can be made on their website. Please visit our wellness blog for further information. https://blogs.winona.edu/wellness/where-to-get-covid-19-testing/
Q: I heard on MPR that Gov. Walz expressed that he wants 18 to 35-year-olds tested once before Thanksgiving and then again before the end of the year since this group is most likely to be asymptomatic carriers.

I would like to get tested for the common good, but I don’t want to miss work/school while waiting for the results. Since I’m NOT sick, and NOT been exposed, even though I’d be waiting for a test results do I have to do a quarantine where I would have to do work/classes from home?
Academic Affairs

Dr. Darrell Newton
Provost and Vice President for Academic Affairs
Post Thanksgiving

• As a reminder, most courses will move to online after Thanksgiving (Nov. 26-29) and will remain online through the end of Finals Week (Dec. 7-10).

• Exempt from this adjustment will be courses with necessary in-person activities (such as Labs, Performances, Field Experiences, Clinicals, and Practicums), which may require students to be on-campus to have the best possible learning experience.

• Note: Residence Halls and other on-campus facilities and services will remain open and available after Thanksgiving Break.
Post Thanksgiving

• Teaching in person **should only be undertaken if necessary.**

• Deans of the colleges provided a roster of those classes that must meet face to face to share with the campus community.

• The classes taught, or how often they will meet, will depend upon the courses in question, and the provisions allowed by the Deans and Chairs.

• In Academic Affairs, we are mostly concerned with keeping students, faculty, staff, and the community safe, yet provide the instruction and support this institution represents.
Spring Break

• To reduce the potential spread of COVID-19, Winona State University will cancel spring break currently scheduled for the week of March 8 – 12.

• Non-class days will be February 10th, March 9th and March 31st.

• To account for the cancellation, finals will be moved up a week and would take place April 26 – 29 with the completion of the semester taking place April 30. Classes will start as currently planned.
• Fall commencement - MarComm, Mss. Julie Lutz and Kristine Benjamin

• The fall commencement will be modeled on what was done in the spring, but with the appropriate revisions.

• We will be offering a new Live Facebook event at 6:00 pm on Friday, December 11th. We also will be putting together Celebration Packages for the graduates.

• We hope to have them ready for pick up on campus prior to the Thanksgiving break for students who are in the area and will mail those that aren’t picked up.
Commencement

- Fall commencement – lessons from the spring

For commencement: the video concept has been planned and will be recorded over the next few weeks. The final preparation is being done on the packages and they should be ready for shipping before Thanksgiving. The social media channels will also be ready in the next few weeks. Campus-wide information will be shared soon.
Q: I wonder that whether 2021 spring classes will be online or not? Do you have any COVID-19 guidelines for 2021 spring class?

A: At this point, we will continue to have most classes offered online. Must like this fall semester, classes that require in-person experiences (such as Lab, Clinical, Practicum, and Performance classes) will likely resume in-person instruction. Current COVID-19 guidelines remain consistent.
SPACES WE OCCUPY

Where We Work and Learn

• On Campus
• At A Distance
• Hybrid
• Meaningful Connections That Matter

Over-all Well Being

• Are We Ok
• Activities with Limitations
• Holiday Season
• Spring Re-entry Process
• Health and Safety Protocol
SEVEN DIMENSIONS OF WELLNESS

Intellectual - Spiritual - Emotional - Environmental –Social - Occupational - Physical
Housing and Residence Life

Students Living in the Residence Halls & Apartments
- 1791 - first class day
- 1591 - currently
- 160 students have departed since the start of the semester
- 53 of those students left in the last week

Isolation/Quarantine Update
- Isolation – 4 students
- Quarantine – 9 students

Visitor Policy continues for on campus friends only
- No out-of-town guests

All Access Pass to Tour Residence Halls - December 12-15, 2020
- Residence Hall tours suspended during fall semester

Spring 2021 - 75 new student applications
- 150 students currently will not return to campus housing

Fall 2021 – Housing applications are available for new and returning students
IWC STRENGTH AND FITNESS CENTER

• Pre COVID full access and full of energy
• COVID Era Hours of Operation 10am-8pm
• Access limits with reservations required
• Health and Safety Protocol Enforced
• Tonight additional guidance from the Governor
UNDER CONSIDERATION

Students
✓ General Registration for Spring 2021
✓ Thanksgiving Break self-quarantine
• COVID-19 Test going and returning
• Winona Neighbors Helping Neighbors
• Winter Break Dec. 10 – Jan.10
• Holiday Season Well Being
• Spring Semester Slow Re-entry

Personnel
✓ Thanksgiving Break self-quarantine
• COVID-19 Test
• Self Reporting App
• Well Being
• Reminder of Health Protocol
• Holiday Hours
• Spring Semester Slow Re-entry
### Spring 2021 Enrollment

General registration opened November 2.

<table>
<thead>
<tr>
<th>University</th>
<th>Overall</th>
<th>Undergraduate</th>
<th>Graduate</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Four Year in percentage</td>
<td>-15.3</td>
<td>-16.8</td>
<td>-1.2</td>
</tr>
<tr>
<td>Winona State</td>
<td>-10.7</td>
<td>-13.1</td>
<td>+35.2</td>
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<tr>
<td>Bemidji State University</td>
<td>-17.9</td>
<td>-18.8</td>
<td>-3.2</td>
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<tr>
<td>Minnesota State Mankato</td>
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<td>-16.1</td>
<td>-0.0</td>
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<td>Minnesota State Moorhead</td>
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<td>-10.7</td>
<td>-14.7</td>
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<td>-23.6</td>
<td>-7.2</td>
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<td>Southwest Minnesota State University</td>
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<td>-6.6</td>
<td>-2.6</td>
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<tr>
<td>Metropolitan State University</td>
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<td>-23.4</td>
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<tr>
<td>College</td>
<td>Overall</td>
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<td>----------------------------------------------</td>
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<tr>
<td>Minnesota State Colleges</td>
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<tr>
<td>Overall in percentage</td>
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<tr>
<td>Minnesota State Southeast</td>
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<tr>
<td>Rochester Community and Technical College</td>
<td>-15.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riverland Community and Technical College</td>
<td>-3.9</td>
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</table>
Q: Given the recent request to self-quarantine for Thanksgiving, will Spring Semester begin with a 2-week quarantine? If so, please let us know early so we don't have a sudden pivot again.

A: Upon return to campus after Winter break consider an at home quarantine beginning December 28-January 10.

On campus behavior will include a “slow roll’ into the Spring 2021 semester beginning January 11-25.

Simply put scheduled activities will resume with restrictions.

More details to come on how the “slow roll” will be implemented in your work and learning space.
Q: Can students plan on the rock-climbing gym being open the remainder of the semester, as well as through spring semester 2021? Winter will be hard on students with not as many social interactions and not being able to be outside, so rock climbing is something that many rely on.

A: The Climbing Wall will follow the guidance regarding accessibility and occupancy levels, so while the university is under a self-quarantine the Wall remains closed for non-program related activities.

We are seeking ways to offer Spring programming that allows students access to the Wall and outdoor activities, all done in a COVID-secure way.
Q: Are more faculty and/or students reaching out to WSU’s counseling services this semester due to COVID struggles?

A: Counseling Services continues to see a high demand for services, but numbers this fall are consistent with numbers from the past few fall semesters. While some students are seeking counseling for concerns related specifically to COVID, many are seeking help for general concerns (i.e. stress, anxiety, depression, relationship issues, grief) that may be exacerbated by the pandemic.

Faculty/staff have always been a primary referral source and they continue to be this semester. The counseling staff have had more requests for programs intended for faculty/staff in an effort to support the mental health of employees as well.

Faculty/staff can take advantage of the University’s EAP (Employee Assistance Program) [https://www.winona.edu/hr/](https://www.winona.edu/hr/)
THANK-YOU

HEARTS ARE FULL OF GRATITUDE FOR ALL YOU ARE DOING TO KEEP OUR LEARNING AND LIVING SPACE SAFE
WSU Employees

Lori Reed

Director of Human Resources
WSU Employees

• Reminders:
  • Self-assessment
  • Self-reporting
  • Federal COVID Leave scheduled to expire 12-30-2020

• Self-imposed campus quarantine - November 16-29

• Winter break
Q: Can you please clarify the expectations for staff regarding working off campus and work hours?

A: Supervisors continue to operate under the premise that employees whose work can be performed remotely should be scheduled to work remotely. Supervisors will continue to make these determinations considering the needs of students, on-campus coverage, etc.

Employees who work remotely are accountable to work the number of scheduled hours each workday and will supplement their hours with applicable leave, or flex their time following bargaining contract language, when unable to work the full scheduled number of hours.

Supervisors and employees can agree to schedules that deviate from the 8-4:30 schedule to, for example, allow for work with a K-12 student remote learning.

All overtime, flex time and changes to schedules must be approved by the supervisor ahead of time.
Q: Will winter athletics still take place? If so, will spectators be allowed?

A: WSU, in conjunction with the NSIC, are planning for winter sports to compete starting after the first of the year. A basketball schedule has been released and is currently available on our website. Track and field is still working on a schedule and a format for a conference championship. Gymnastics is waiting on decisions from the WIAC and Division III.

• We are currently evaluating if spectators will be allowed. When a decision is made, we will be sending out a press release.
Q: Why are high schools playing sports, but WSU is not?

A: We have different governing bodies (than high school leagues) with different requirements to compete. DII made the decision to cancel fall sports championships and therefore the NSIC voted unanimously to cancel competition in those sports.

We have plans in place for winter sports to compete after the first of the year and will be following all competition protocols outlined by the Sports Science Institute.
Q: Will the university lower tuition rates and student fees if classes move to 100% virtual in the Spring?

A: Currently, the plan is to implement the approved Board of Trustees tuition and fees for Spring Semester 2020.
Next COVID-19 Update Meeting
Wednesday, January 6\textsuperscript{th} 2021, 2pm