Greetings!
With the fall semester at an end, we’re writing to offer our congratulations to you for completing the term. To be sure, the semester was a difficult one, and we are very grateful to our UMD students for their efforts to make the fall semester successful. Bulldogs have proven that they are resilient.

As we finish the fall semester, it’s not too early to start thinking about your return to campus for the spring semester. We will continue to do everything we can to provide you with a safe and rewarding college experience. We remain committed to monitoring and implementing guidelines from the Minnesota Department of Health and the University’s own public health experts to mitigate the spread of COVID-19 on our campus.

Students should follow these guidelines to help protect themselves and prevent exposing others on campus to COVID-19 upon their return and while reengaging with the UMD community.

- **“Lay low before you go” once again.**
  This means significantly reducing the potential of becoming infected by avoiding contact with people outside of your immediate household for **10 days** before returning to campus. Also, take great care with your transportation plans to avoid exposure as you return.

- **Get tested.**
  Students with concerns about possible exposure should determine the appropriate date for testing. Testing too early may result in a negative result that is inaccurate. Schedule your test for no earlier than 5-7 days following your last possibility for exposure. In the meantime, and while you wait for test results, avoid close contact with others. Students who have not consistently avoided exposure situations are encouraged to be tested depending on their situation including (1) before arriving on campus; (2) during the move-in process; and (3) one week after move-in.
• **Isolate.**
  Students with a positive test result prior to their move-in or return to Duluth should isolate at home for the recommended time period of 10 days after your symptoms are gone if you have symptoms, or 10 days after your positive test result if you have no symptoms. [Contact Housing and Residence Life](#) to make arrangements for a delayed move-in. Students with a positive test result after arriving on campus will be moved to isolation housing and will receive support to manage their time in isolation.

**Testing Options**
COVID-19 testing resources in Minnesota, and in many other states, have increased significantly in recent weeks. There are a variety of options for students to test before returning to campus and once you arrive.

**Before returning to campus**
- [Mail-in saliva testing](#) is available to anyone living in Minnesota.
- There are [community test sites](#) across the state that offer both nasal swab and saliva testing. Please visit the website to learn of availability.
- Students living in other states should visit their respective state health department or county health department websites to determine the best local testing options for them.

**During the semester**
- Testing at Health Services will continue to be available to any student throughout the semester. Students must [make an appointment](#) for testing. Health Services offers PCR and antigen testing.
- There are also [community test sites](#) in Duluth and the State of Minnesota. Students may also complete an [antigen test at the University of Wisconsin Superior](#).

**Please remember, the continued consistent use of face coverings and physical distancing will remain critical strategies to help reduce the spread of COVID-19.**

Additional resources may be found on the [UMD Safe Campus](#) website. Be sure to continue to monitor your UMD email, as the University will provide additional updates over the winter break. Students living in UMD housing will receive specific information about the spring semester in early January.

As members of the UMD community, let’s continue to support one
another! We wish you a great winter break.

Sincerely,

Lisa Ann Erwin, PhD
Vice Chancellor for Student Life and Dean of Students

David Worley, MD
UMD Health Services

This email was sent to all fall '20 and spring '21 undergraduate and graduate students by UMD Student Life, 245 Kirby Plaza, 1208 Kirby Drive, Duluth, MN, 55812, USA. The University of Minnesota is an equal opportunity educator and employer. Read our privacy statement.