

Wednesday, March 18, 2020: District email

Hello district families and staff,

Please find two important updates below.

Meal Access information

Meals are available free of charge to all children age 18 and under, and to those age 21 and under with a disability. Meals can be picked up from 9:30 to 10:30 a.m. on Monday, Wednesday and Friday. Two breakfasts and two lunches will be provided on Monday and Wednesday, with one breakfast and one lunch being offered on Friday.

This service will be offered at the following three locations:

- Oneka Elementary (4888 Heritage Pkwy North, Hugo, MN 55038)
- Birch Lake Elementary (1616 Birch Lake Ave, White Bear Lake, MN 55110)
- Willow Lane Elementary (3375 Willow Ave, White Bear Lake, MN 55110)

Please complete the [WBLAS Free Meal Questionnaire](#) so we can continue to plan the number of meals to prepare. Staff members will be in contact with those families who have requested home delivery. District leadership is continuing to build the plan and we will provide additional information as it is available.

New Guidelines from MDH

Today the Minnesota Department of Health (MDH) shared updated information about COVID-19 testing and recommendations around the contagious period after infection.

Testing for COVID-19 in Minnesota is currently limited to health care workers, hospital inpatient and those living in a residential facility.

The following is guidance for when to return to normal activities after a confirmed or suspected case of COVID-19:

Remain isolated for 7 days from the onset of symptoms if no fever is present, or 3 days since your last fever (without taking medication to lower your temperature), whichever is longer.

While isolating yourself from other people you should use a dedicated bathroom. If that is not possible, the bathroom surfaces should be wiped with a disinfectant after each use.

If someone in the household has been diagnosed with lab-confirmed COVID-19

- Household contacts, including school-aged children, must quarantine at home for 14 days

If someone in the household has been diagnosed with the symptoms of COVID-19 but no test was taken or available:

- Household contacts, including any school-aged children, should stay home as much as possible for the next 14 days, adhere to social distancing and monitor for symptoms