

# GUEST DIGEST

3 - 26 - 2020



## What's in this update?

**COVID-19  
Shelter**

**Stay At Home Order**

**Metro Transit Announcements  
Protecting Your Mental Health**

## COVID Update

Governor Tim Walz has announced a "Stay At Home" executive order that will be in place starting Friday March 27th 11:59pm through Friday April 10th 5pm.

Additional information on what this means and what businesses will remain open will be explained in the following pages.

## Shelter

### PSP Update

As of right now, there are no known cases of or exposures to COVID-19 in the shelter. Guests do not need to remain in their room, but should work on practicing social distancing (staying 6ft between others, not hanging out in groups of people, etc). If you are sick or been instructed by a medical professional, please stay in your room. Call the front desk at 612-332-4500 to discuss special needs.

### Homework Packets

- Packets are available for all students PreK -12 grades
- Pencils and crayons available
- Complete the packet and turn it in to Jami for a prize!

See Jami in office 225 to pick up a packet  
Monday-Friday 8:30-4:30

### Reminders

- You do NOT need to come to the lobby to check in. Instead, Front Desk and Security Staff will randomly select rooms to check. You can expect staff to knock on your door between 9:00-10:30 pm. Hennepin County still requires everyone on your voucher to stay in shelter every night.
- Groups, TV Lounges, and the playground will remain closed until further notice
- The TRC will remain open, please refer to the hours posted on the TRC door

# #StayHomeMN

March 27 - April 10

## OPEN

Hospitals

Clinics

State legislature

**Food:** Grocery stores, farmers markets, food banks, convenience stores, bakeries, take-out and delivery restaurants

Pharmacies

Food shelves

Convenience stores

Liquor stores

Child care facilities

News organizations

Gas stations

Funeral homes

Banks

Hardware stores

Post offices

## CLOSED\*

Dine-in restaurants

Bars and nightclubs

Entertainment venues

Gyms and fitness studios

Zoos

Museums

Arcades

Playgrounds

Bowling alleys

Movie theaters

Concert halls

Country clubs

Salons and barber shops  
Tattoo parlors

**\*Note:** this is not a complete list of all closures.



**March 30-  
May 4, 2020:**

Distance Learning  
Period for students

**CLOSED until  
May 1, 2020:**

Bars, restaurants,  
and other public  
accommodations

# #StayHomeMN

March 27 - April 10

## You can:



Go to the grocery store



Go to medical appointments and the pharmacy



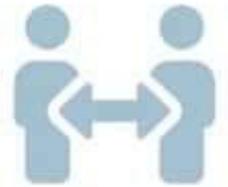
Get take-out, or drive through from nearby restaurants



Walk your dog, ride your bike, be in nature



Pick up essentials for neighbors or loved ones in need of assistance



Please keep  
6ft between  
yourself and  
others

Gov. Walz is urging Minnesotans to voluntarily comply with the executive order. If someone does violate it, he said, "we don't want them to be arrested. We want to educate people". Anyone who willfully violates the restrictions could potentially be punished with a fine up to \$1,000 or 90 days in jail.

## You should not:

- Go to work unless providing an essential service
- Socialize or gather in groups
- Visit loved ones in the hospital or nursing home, except under limited circumstances.

[mn.gov/stayhomemn](https://mn.gov/stayhomemn)



## Metro Transit Announcement

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To help prevent the spread of COVID-19, transit should be used for essential travel only. Reducing demand will make transit safer for those who have no alternatives but to take transit and operators.

- Use transit for essential travel only
- Exit out the back door of buses
- Keep distance between you and others, especially the driver when boarding
- If there appears to be more than 10 passengers on a 40-foot bus, or 15 passengers on a 60-foot bus, wait for the next trip when possible. If a light rail vehicle appears to have more than 15 people on a train car, board a different train car or wait for the next train to arrive.
- If the bus or train does not have space to allow adequate social distancing, wait for the next one, if possible
- All service has been suspended between 11 p.m. and 4:30 a.m.
- Bus and light rail service is suspended nightly between 11 p.m. and 4:30 a.m. (METRO Blue Line airport shuttle between Terminal 1 and Terminal 2 stations continues to operate)
- To reduce in-person interactions, Metro Transit Service Centers and Lost & Found are closed.

For more information on specific routes: Transit Information is available by phone (612-373-3333) and text (612-444-1161) Monday-Friday 6:30 a.m. – 9 p.m. Or visit Metro Transit's website.

## Protecting Your Mental Health

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Minneapolis Public Schools announced a new Mental Health Support Line for those in their district

612-767-4158

Monday-Friday, 9-5

Anxiety Strategies:

- Take a time-out. Practice yoga, listen to music, meditate, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- Eat well-balanced meals.
- Get enough sleep.
- Exercise daily to help you feel good and maintain your health.
- Take deep breaths. Inhale and exhale slowly. Count to 10 slowly. Repeat, and count to 20 if necessary.
- Do your best. Instead of aiming for perfection, which isn't possible, be proud of however close you get.
- Accept that you cannot control everything.
- Welcome humor. A good laugh goes a long way.
- Maintain a positive attitude.
- Learn what triggers your anxiety. Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.
- Talk to someone. Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

We are in this together, and help is always available. If you're feeling alone and struggling, you can also reach out to The Crisis Text Line by texting TALK to 741741 or National Suicide Prevention Lifeline at 1-800-273-TALK.