

Appendix 3.11



Dear JSHP Program Participant:

We are glad you are here. You have been asked to quarantine or isolate because of exposure to the COVID-19 virus or because you or someone in your family is experiencing possible symptoms of the virus.

We know this can be frustrating and we want to do all we can to make it as easy for you as possible. But it's necessary to stop the spread of this very serious virus that is rampant in our community. Every day Minnesota is finding record numbers of new COVID-19 cases. By following the requirements of isolation or quarantine you can help protect yourself and others and hopefully be able to leave isolation as soon as possible.

We are not health care professionals and so rely on advice from doctors and from the Minnesota and Dakota County Departments of Health to figure out how long each person must quarantine or isolate. Advocates will talk with you about what you are experiencing, problem-solve with you and encourage you to talk with your health care provider while you are here. In the meantime, please follow these rules:

- Consider getting tested for the virus if advised by your doctor.
- **Remain in your room except for medical appointments and brief physical exercise** until your doctor or the Health Department says it's okay to leave, usually 10-14 days. Advocates must confirm this.
- Screen yourself and family members for symptoms and notify the advocates of any changes.
- Your meals will be delivered to your room.
- Contact the advocate office in Room 305 or 405 if you need anything.

We understand it may be difficult to stay in your room but we hope you understand how important it is. We're here to help as much as we can.

I understand that I am required to isolate or quarantine because either I or someone in my household has:

- Tested positive for COVID-19
- Exhibited symptoms that could be an indication of COVID-19
- Been in close contact with someone diagnosed with COVID-19
- Just returned from travel outside the state of Minnesota, **or**
- Has been accepted into another shelter and the shelter requires quarantine prior to admission.

I understand that isolation or quarantine means:

- I am required to stay in my room except for brief outdoor exercise or medical appointments, masked and socially distant
- I cannot go to work, send my children to school or daycare, or attend other outside appointments during the quarantine/isolation period
- Advocates will deliver meals to my room
- I must contact the advocate office at 305 or 405 for other needs and must not go to the office.

I understand that JSHP advocates will work with the Minnesota Department of Health and Dakota County Public Health to determine how long I will be required to be in quarantine or isolation. I understand that JSHP, not my referring shelter, has the final say on when this period will end. I understand that a negative COVID-19 test could permit me to leave quarantine or isolation early, but this must be confirmed by JSHP advocates.

I understand that these requirements are in place to stop the spread of the deadly coronavirus COVID-19 and that if I do not comply with them, I could be placing others in danger. Because of this, if I violate these rules, I will not be able to stay at JSHP and I will be asked to leave.

Participant name (print)

Date

Participant signature

Advocate signature

Program