

Global Express

Vol 01 Issue 05 | Mar 30, 2020

WHAT'S NEW

Emergency Contact Survey

For those of you who have not done the revised survey, please [DO THIS SURVEY NOW](#) so we can keep your records up to date. This will take you less than 3 minutes.

Note: An Emergency Contact is someone who will handle your all issues if you are in a serious accident/illness/even death. Please list a responsible family or friend who will be able to serve in this capacity.

FREE Supplies - MUSTANG MARKET

Now might be a good time to build a small stock-pile of food & essential supplies at home. Mustang Market, the SMSU student food shelf, will continue to serve students through the spring semester. The Market will be open on March 31 (tomorrow!), with extended hours. Food will be pre-bagged, and students can make pick-up appointments >> [here](#).

Minnesota Gov. Tim Walz's 'stay-at-home' order

by: Briana Bierschbach, Star Tribune Mar 26, 2020

We should all stay at home unless absolutely necessary in order to slow the spread of coronavirus in the state. But we can still go out for essential needs and services such as groceries, gas, emergency medical services or supplies, caring for family members, friends or pets and moving between emergency shelters for those who are homeless.

People who work in “critical sectors” are exempt from the stay at home order, including health care workers, emergency responders, law enforcement, shelters, child care facilities, food production, utilities, the news media and critical manufacturing. Other workplaces are asked to shift to a telework and work from home model under the order.

What else will stay open?

- hardware stores, post offices, convenience stores, pharmacies, banks and food shelves.

Can we still go outside?

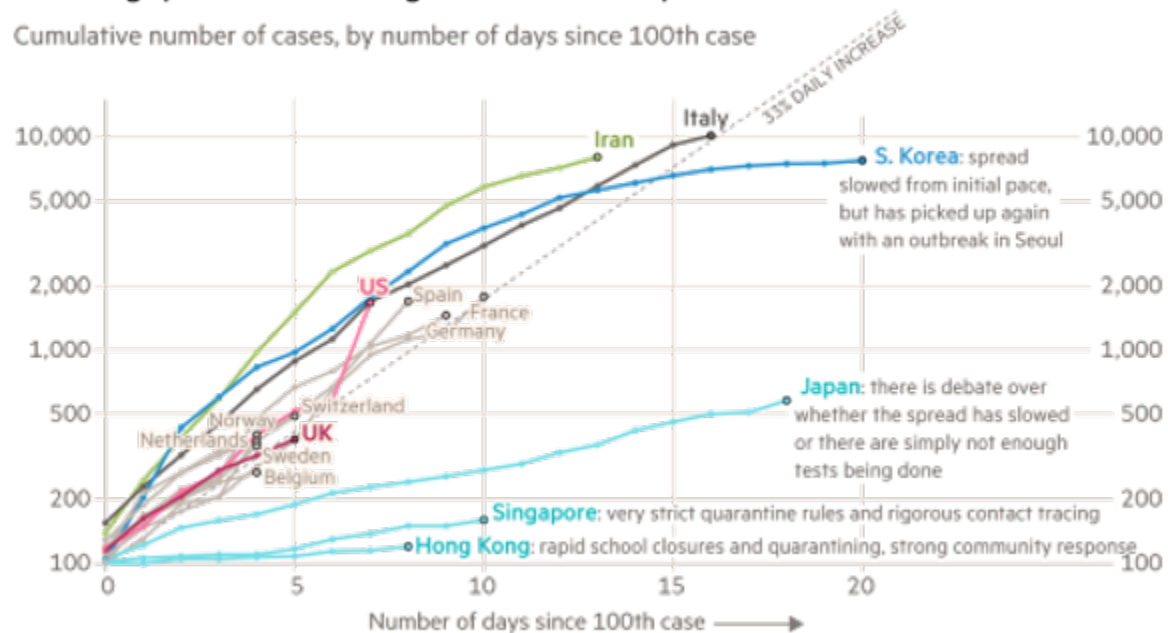
- Yes, the order still allows people to get outside for “walking, hiking, running, biking, hunting, or fishing,” but with the appropriate social distancing. – Gov. Walz

>> [Read more](#)

Data Analysis - which countries are flattening the COVID-19 curve?

Most western countries are on the same coronavirus trajectory. Hong Kong and Singapore have managed to slow the spread

Cumulative number of cases, by number of days since 100th case



Source: FT analysis of Johns Hopkins University, CSSE
FT graphic: John Burn-Murdoch / @jburnmurdoch
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“At the outset of 2020, the world looked on as China grappled with an outbreak that seemed to be spiraling out of control. Two months later, the situation is markedly different. After aggressive testing and quarantine efforts, China’s outbreak of Novel Coronavirus (COVID-19) appears to be leveling off. Now, numerous countries around the world are in the beginning stages of managing their own outbreaks. March 15th, 2020, marked a significant statistical milestone for this, as confirmed cases of COVID-19 outside of China surpassed the Chinese total.”

>> [Read more](#) (source: The Visual Capitalist)

The current COVID-19 situation in the US.

... 155,252 cases, 2,828 deaths

>> [CNN Coronavirus LIVE Updates](#)

Tracking coronavirus in Minnesota

... **576** cases (73 new), 56 hospitalized, 24 in ICU, **10** deaths.

>> [Tracking by county](#)

COVID-19 Testing in Marshall

COVID-19 testing is still limited at this time due to lack of testing supplies. Medical providers are expected to make a determination, based on symptoms and risk factors, regarding the need for COVID-19 testing. Refer to this [guidance from the CDC](#) if you are showing symptoms and think you need testing, talk to a physician 24/7 with questions related to COVID-19.

Teladoc Health: 1-855-870-5858 (with Student Insurance ID no.)

Emotional Support: 1-866-342-6892

Reminder:

- If an international student suspects they have been exposed to COVID-19, they are to call UHCSR or visit www.uhcsr.com/MyAccount or use their UHCSR mobile app to find a network provider.
 - International students can get tested & treated anywhere for the COVID-19 Coronavirus without a referral.
 - Testing would be covered and all member **cost sharing will be waived**, including **copays, coinsurance & deductibles**, for COVID-19 diagnostic testing provided at approved locations in accordance with CDC guidelines.
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The Coronavirus Chronicles



"The COVID-19 Chronicles" is a series of educational illustrations (comics!) about the ongoing COVID-19 outbreak published by the National University of Singapore (NUS) Yong Loo Lin School of Medicine. Get more >> [here](#).



Stay vigilant and have a great week!

Next issue: Apr 13, 2020