



Students –

To help minimize the risk and spread of COVID-19, especially to your friends and family members this holiday season, we encourage you get **tested, report symptoms/close contacts, and monitor yourself** for COVID-19.

## Testing

FREE testing options available **TODAY** at NDSCS Wahpeton, in the Fargo community, and throughout North Dakota.

### Semester Break Testing Events

#### Wahpeton\*:

**TODAY 9 – 11 a.m.** at the Harry Stern and Ella Stern **Cultural Center** (Wahpeton) (conducted by NDSCS Student Health Service)

**12/28/2020 9 – 11 a.m.** at the Harry Stern and Ella Stern **Cultural Center** (Wahpeton) (conducted by NDSCS Student Health Service)

**1/4/2020 9 – 11 a.m.** at the Harry Stern and Ella Stern **Cultural Center** (Wahpeton) (conducted by NDSCS Student Health Service)

#### Fargo\*:

**Monday through Friday 8 a.m. – 5 p.m.** at Faith Journey Lutheran Church, located at 650 40th Ave. S. in West Fargo (please indicate that you are a NDSCS student/employee).

**Thursdays** from 1-5 p.m. at the **Sanford Health Athletic Complex** at [NDSU](http://ndsu.edu), located at 1600 N University Drive in Fargo (enter using the south doors) – NOTE: December 31 testing will only go until 4 p.m.

#### Test Events in North Dakota\*:

To find options in communities across North Dakota, visit <http://ndus.edu/gettested/>

If you have **NOT** been tested by the NDDoH, please pre-register at [testreg.nd.gov](http://testreg.nd.gov). If you **HAVE** been tested by the NDDoH, please come and be tested again, but there is **no need** to register again.

\*This schedule is subject to change, please review <http://ndus.edu/gettested/> or [NDSCS.edu/COVID-19](http://NDSCS.edu/COVID-19) for updates.

## Report

Please monitor yourself for symptoms consistent with COVID-19 and [report](#) if you have symptoms or if a close contact tests positive for COVID-19 (**even over the break**).

NDSCS will continue to track those within our NDSCS Community (students, employees) that have tested positive for COVID-19 and recovered. **These numbers will be updated weekly (December 21, 28; January 4) throughout the break and we will resume daily updates (by 3 p.m.) on January 11.**

## Monitoring & Personal Prevention Practices

Through all of us remaining diligent in our **personal prevention practices**, we can continue to reduce the spread of COVID-19.

- Wash your hands frequently (or use hand sanitizer).
- Consistently and properly wear face coverings (over mouth and nose) in public or when around anyone not from your immediate household.



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- Monitor yourself for symptoms consistent with COVID-19 and [report](#) if you have symptoms or if a close contact tests positive for COVID-19 (**even over the break**).
  - Practice physical distancing whenever possible.
  - Get tested throughout the break.
  - Avoid gatherings with anyone **not** in your immediate household, especially indoors.
  - Limit unnecessary trips and consider **limiting** the number of people you expose yourself to over the holidays.

Happy holidays and stay well!

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**Jane Vangsness Frisch, Ph.D.**

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