

MINIMIZING THE RISK OF COVID-19

What can you do to protect yourself and others from COVID-19?

COVID-19 primarily spreads when one person breathes in droplets that are produced when an infected person talks, coughs, sings, shouts, etc. Anyone who comes into close contact with someone who has COVID-19 is at increased risk of becoming infected and can potentially infect others. The following actions can prevent the spread of COVID-19, and annual influenza.

- ✓ **Wear** a face covering
- ✓ **Wait**/physical distancing – 6 feet from others
- ✓ **Wash** hands often or use hand sanitizer with 60% alcohol
- ✓ **Choose** outside activities vs inside
- ✓ **Avoid** crowded areas, especially indoors
- ✓ **Don't** share food, drinks, cups or utensils with others



Is It COVID-19?

Symptoms can include: fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestions, or loss of taste or smell.

- Symptoms may appear 2-14 days after you are exposed.
- Not everyone with COVID-19 has all symptoms listed, some may have none.
- Talk to your health care provider if you have further questions/concerns.

For questions related to the COVID-19 virus call the MN Department of Health @ 1-800-657-3504 M-F 9am-4pm.



A car has brakes, seatbelts, and airbags because none of them on their own to provide maximum safety. It's the same with masks, physical distancing, and quarantining – all of them used together ensure the greatest risk reduction for spread of COVID-19 disease.

The 3 W's
Wear your mask
Wash your hands
Wait 6' back