mn DEPARTMENT OF HEALTH

Coronavirus Disease 2019 (COVID-19)

The Coronavirus Disease 2019 (COVID-19) is a respiratory illness in people caused by a new virus. It can spread from person to person. This virus was first identified in Wuhan, China, and has now spread to more countries including the United States.

Since this is a new virus, there are still things we do not know, but we are learning more about COVID-19 each day.

Minnesota's public health community is taking this seriously and planning for cases.

Avoid assumptions about who you think may be sick. Viruses don't discriminate.

Symptoms

People with confirmed COVID-19 infection have had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

People who are mildly ill with COVID-19 can stay at home during their illness. You should restrict activities outside your home, except for getting medical care. Call your health care provider if you need to seek medical care.

Protect yourself and your community

The best ways to protect yourself from COVID-19 are to do the same things you do to protect yourself from colds and flu:

- Wash your hands often with soap and water.
- Stay home when you are sick.
- Cover your cough.
- Clean and disinfect frequently touched objects and surfaces.

Learn more

Get the most current information on COVID-19 from these websites:

- Minnesota Department of Health 2019 Novel Coronavirus (COVID-19) (www.health.state.mn.us/diseases/coronavirus/index.html).
- Centers for Disease Control and Prevention 2019 Novel Coronavirus (www.cdc.gov/coronavirus/2019-ncov/index.html).