m1 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.

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 working to slow the spread of COVID-19 in our state, and we count on everyone to help.

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.

Be careful about where you get information about COVID-19. Promises of a "cure" or a guaranteed way to prevent COVID-19 are not accurate. As of now, there is no vaccine for COVID-19. Please continue to see the MDH and CDC websites for information on how to help prevent COVID-19.

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).