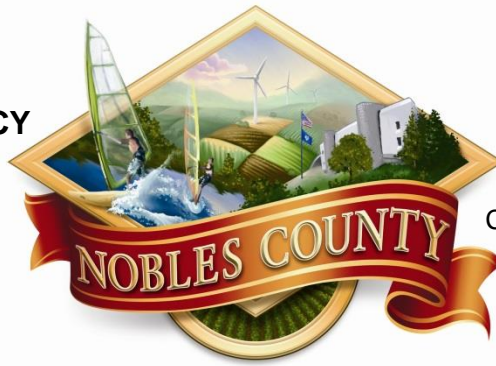


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Coronavirus (COVID-19) Information

Updated October 21, 2021

<p>What is the Coronavirus (also known as COVID-19)?</p>	<p>Coronavirus disease (COVID-19) is a respiratory illness that can spread from person to person. It is caused by a coronavirus not found in people before. Getting vaccinated as soon as possible is one of the best things you can do to prevent getting or spreading COVID-19 (including the Delta variant). Vaccinated individuals also have a much less likely chance of becoming severely ill from COVID or requiring hospitalization.</p>
<p>Minnesota Department of Health Resources</p>	<p>MDH has a strong disease surveillance system in place that includes partnerships with hospitals and clinic systems across the State. Finding cases quickly and responding to them effectively is key. Current outreach efforts are focused on COVID-19 Vaccinations and Testing.</p> <ol style="list-style-type: none"> 1. Click here to review the latest vaccine data or find a vaccine location near you: https://mn.gov/covid19/vaccine/data/index.jsp 2. The MN Dept. of Health website www.health.state.mn.us and the Centers for Disease Control website CDC's Coronavirus Disease 2019 are the best places to get the most accurate information. 3. MDH has also set up a public hotline that is available to answer questions Monday – Friday from 9:00 a.m. – 7:00 p.m and Saturdays from 10:00 a.m. to 6:00 p.m. 1-833-431-2053 4. Mental Health Crisis Line - Call: **CRISIS (**274747)
<p>CDC recommendations for if you are sick</p>	<p>CDC What to do if you are sick with coronavirus 2019 (COVID-19)</p> <ol style="list-style-type: none"> 1. https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf

<p>What can you do? Universal Precautions</p>	<p>Get vaccinated as soon as possible – click here to find vaccine availability near you: https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp</p> <p><u>Kids Deserve a Shot!</u></p> <p>Minnesota has launched ‘Kids Deserve a Shot,’ a vaccine incentives program rewarding Minnesotans 12-17 years old for completing their COVID-19 vaccine series. Click here to learn more:</p> <p>https://mn.gov/covid19/vaccine/vaccine-rewards/index.jsp</p> <p>Continue to practice every day preventative actions:</p> <ol style="list-style-type: none"> 1. Social Distancing – Especially avoiding close contacts with people who are sick 2. Staying home if you are sick, except to get medical care 3. Covering your coughs and sneezes with a tissue 4. Washing your hands frequently with warm, soapy water 5. Using alcohol based sanitizer with at least 60% alcohol when handwashing is not available. 6. Wear a mask as an additional layer of protection. <p>Click here for additional precautionary tips: https://www.health.state.mn.us/diseases/coronavirus/prevention.html</p> <p>Plan ahead as much as possible.</p> <ol style="list-style-type: none"> 1. Create a household plan of action <ol style="list-style-type: none"> a. https://dps.mn.gov/divisions/hsem/emergency-preparedness/Pages/personal-preparedness.aspx 2. Plan ways to care for family members who might be at greater risk for serious complications 3. Create an emergency contact list 4. Be prepared if your child’s school or childcare facility is temporarily dismissed 5. Learn about your employer’s emergency operation plans <p>CDC Get your household ready for coronavirus disease 2019 https://www.cdc.gov/coronavirus/2019-ncov/community/home/get-your-household-ready-for-COVID-19.html</p>
<p>COVID-19 Information in various languages</p>	<ul style="list-style-type: none"> • Kab Mob Khaus Las Nas Vais Lav 2019 (COVID-19) (Hmong) • Cudurka Koronafayras 2019 (COVID-19) (Somali) • Enfermedad del Coronavirus 2019 (COVID-19) (Spanish)



Public Health
Prevent. Promote. Protect.