COVID-19: Coronavirus Disease

Prepare now to protect yourself, your family and your business.

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How can I help protect myself?

The best way to prevent this infection is to avoid being exposed to the virus that causes COVID-19. Avoid close contact with people who are sick. Avoid touching your eyes, nose and mouth. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing your nose, coughing or sneezing. Use an alcohol-based sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should:

Stay home when you are sick.
Allow staff to stay home if they are sick.
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
Clean and disinfect frequently touched objects and sufaces.

Make plans for your family and business:

Have backup plans in case school or daycare close
Have emergency plans in place with your family and emergency contacts in writing.
Make sure your home and business have the needed supplies

Keep yourself informed

The latest information can be found at these reliable sources:
www.cdc.gov/COVID19 and
www.health.state.mn.us/diseases/coronavirus/index.html

There are currently NO cases of Coronavirus in Minnesota, however, now is the time to prepare yourself, your family and your business for a possible outbreak.

SOUTHWEST HEALTH & HUMAN SERVICES

For more questions, contact
Southwest Health & Human Services
(888) 837-6713

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Southwest Health & Human Services is working very closely with the Minnesota Department of Health, the Centers for Disease Prevention and Control, hospitals/clinics in our 6 county area, the Southwest Healthcare Preparedness Coalition, school districts, law enforcement and County Emergency Managers to stay updated with the current situation in Minnesota, the United States and all over the world.