

COVID-19

PREVENT THE SPREAD



What are the most common ways Coronavirus spreads?

COVID-19 (Coronavirus) spreads mainly through close person-to-person contact. Respiratory droplets, produced when an infected person coughs, sneezes, or talks can possibly be inhaled into the lungs or land on or in the mouths or noses of others. It may also be spread by touching an infected person or by touching contaminated surfaces or objects and then touching your own mouth, nose or eyes.

Some people without symptoms may be able to spread the virus.

How can I protect myself and my family?



Wash Hands with soap & water



Clean Frequently Used Surfaces



Cover your Cough & Sneeze



Wear a Facemask

Feeling sick!?

FIRST call your doctor or local clinic for further guidance.

Seek medical care right away if your illness is worsening. Call ahead and tell them your symptoms.



Stay Home when sick

Symptoms may appear 2-14 days after exposure.

Avoid social gatherings

High Risk Populations

- 65 Years or older
- Any age with underlying medical conditions

Symptoms of COVID-19



- Cough
- Shortness of breath or difficulty breathing

OR

At least 2 of these symptoms:

Chills or repeated shaking with chills, fever, new loss of taste or smell, muscle pain, headache, sore throat

Practice physical distancing

Stay 6 feet away from others.



Take steps to protect one another.

By not following the recommended precautions you are putting yourself and others at risk of infection.

Information Line for Non-clinical Questions:

Such as preventive steps to take or anything travel-related, call St. Louis County Public Health COVID19 information phone line: 218-625-3600.

Information for Clinical Questions:

Such as identifying symptoms or whether testing is needed, go to stlouiscountymn.gov/covid19 to find

General Information:

MDH COVID hotline: 651-201-3920 or 1-800-657-3903
Minnesota Dept. of Health health.state.mn.us
Centers for Disease Control cdc.gov
World Health Organization who.int

Current as of May 5, 2020. Covid details change rapidly, for up-to-date information go to: stlouiscountymn.gov/covid19.



Public Health
Prevent. Promote. Protect.