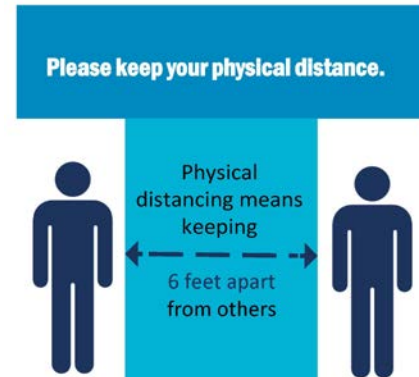


What is Covid-19?

Covid-19 is a viral respiratory illness. It is more deadly than the seasonal flu.

How do I protect myself?

- Keep physical distance of **at least 6 feet between you and other people**



- Cover coughs and sneezes



- Use the inside of your elbow to cover your mouth and nose when you cough or sneeze. **Don't sneeze or cough into your hand.**
- If you use a tissue, throw used tissues in the trash

- Wash hands frequently



- Wash your hands often with soap and water for at least 20 seconds
- **Don't touch** your eyes, nose, and mouth with unwashed hands

Watch for symptoms



Fever



Cough



Shortness of breath

- If you have symptoms, isolate yourself from others
- If your symptoms worsen, seek medical attention

Covid-19 Myths and Facts

Beware of false information

Myth #1: Physical distancing doesn't apply to me.

Fact – Staying 6 feet from other people helps slow down the spread of infection. Keeping your distance protects everyone.

Myth #2: Only old people should worry about Covid-19.

Fact – People of all ages can get Covid-19. A person may not know they have the disease and pass it to friends and family.

Myth #3: Only doctors and nurses need face masks.

Fact – Wearing a face mask provides some protection and may help prevent infected people from spreading the virus. But, handwashing with soap and water for at least 20 seconds is most effective.

Myth #4: Drinking alcohol can prevent me from getting Covid-19.

Fact – Drinking alcohol provides NO protection from Covid-19 and can increase your risk of health problems.

Myth #5: I had my vaccines and take antibiotics, so I can't get Covid-19.

Fact – There are no vaccines available for Covid-19 and antibiotics aren't effective against viruses.

Myth #6: I've heard that aquarium products can treat and prevent Covid-19.

Fact – These products can't treat or prevent Covid-19 but can lead to serious health effects if consumed.

Myth #7: We should blame Asian people for the spread of Covid-19.

Fact – Viruses don't discriminate, and neither should you. New viruses can appear anywhere and infect anyone.

Email questions about COVID 19 to COVID19@minneapolismn.gov.

For more information visit [minneapolismn.gov/coronavirus](https://www.minneapolismn.gov/coronavirus)

and follow us at <https://www.facebook.com/CityofMinneapolisHealth/>

For reasonable accommodations or alternative formats please contact 311 at 612-673-3000.

People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000.

TTY users call 612-673-2157 or 612-673-2626.

Para asistencia 612-673-2700 - Rau kev pab 612-673-2800 - Hadii aad Caawimaad u baahantahay 612-673-3500.