

COVID- 19

How to protect yourself and others

- Stay at home and practice physical distancing. Stay 6 feet from others
- Wear a cloth face cover when going out in public for example to the grocery store or to pick up necessities
- Wash your hands 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
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home if you are sick
- Cover your cough or sneeze with your elbow or a tissue
- Clean commonly touched areas using a regular household cleaning spray or wipe

If you get sick

- For patients that have tested positive for COVID-19 and are recovering: MDH recommends staying home for at least 10 days; individuals need to have 3 days fever-free without using fever reducing medicines.

Travel guidelines

CDC has issued the following travel guidelines. Travel guidelines are being updated frequently, check here for the latest: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

More information

- Minnesota Department of Health
<https://www.health.state.mn.us/diseases/coronavirus/index.html>
- Centers for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For reasonable accommodations or alternative formats please contact the Minneapolis Health Department at 612-673-2301 or health@minneapolismn.gov. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users call 612-263-6850.

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