

From sun-up to sun-down, public health helps to keep you safe and healthy

- 6:30 You wake up to clean air.
- 6:45 You brush your teeth with clean water.
- 7:00 You eat a nutritious breakfast.
- 7:30 You drive to work wearing your seat belt.
- 8:00 You work in a safe environment.
- Noon You have lunch at a restaurant that practices safe food-handling.
- 2:00 You learn that a serious disease outbreak has been prevented.
- 3:00 You see your health care provider, who updates your immunizations.
- 6:00 You have veggies and fruit with dinner.



7:00 You enjoy a brisk walk with your family.

10:00 You sleep well, knowing you'll have another safe and healthy day tomorrow.

MDH Phone Numbers

Main Office

General Information	651-201-5000
Toll-free	888-345-0823
TDD/TTY	651-201-5797
Commissioner's Office.....	651-201-5810
Communications Office.....	651-201-4989
Community & Family Health	651-201-3589
Compliance Monitoring.....	651-201-4101
Emergency Preparedness.....	651-201-5700
Environmental Health.....	651-201-4571
Health Policy.....	651-201-3550
Health Promotion & Chronic Disease.....	651-201-3600
Human Resource Management	651-201-5770
Infectious Disease Epi., Prev. & Control.....	651-201-5414
Toll-free	877-676-5414
Legislative Policy.....	651-201-4849
Library	651-201-5090
Minority & Multicultural Health.....	651-201-5813
State Registrar	651-201-5970
Statewide Health Improvement Initiatives	651-201-5443
Public Health Laboratory.....	651-201-5200

District Offices

Bemidji.....	218-308-2100
Duluth.....	218-723-4642
Fergus Falls.....	218-332-5150
Mankato.....	507-344-2700
Marshall	507-537-7151
Rochester	507-206-2700
St. Cloud.....	320-223-7300

Local public health agencies serve all 87 counties in Minnesota. Contact your local health department to see what services it offers. Look in the phone book under the name of your county.



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If you require this brochure in an alternative format, such as Braille, large print or audio tape, call 651-201-4989.

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Minnesota Department of Health

Protecting, maintaining and improving
the health of all Minnesotans





Preventing diseases



Protecting health care



Ensuring a safe and healthy environment



Promoting good health



At the Minnesota Department of Health...

We take action to control the spread of infection and illness by:

- Detecting and investigating disease outbreaks, including those caused by E. coli infections, salmonellosis and hepatitis.
- Providing sophisticated laboratory services to detect health problems, using techniques not available privately or from other government agencies.
- Preparing for and responding to public health emergencies, including those related to homeland security (such as a chemical or biological terrorist attack).
- Monitoring emerging health threats such as H1N1 novel influenza.
- Promoting immunizations through public awareness and by offering immunization clinics.
- Providing education about how to prevent chronic and infectious diseases through trainings for health professionals and educational materials for consumers.

We promote a healthy environment by:

- Identifying and responding to potential health hazards in the environment caused by harmful substances (such as lead, asbestos and toxic waste).
- Ensuring sanitation in restaurants and other facilities where food is served.
- Working to safeguard the air inside homes, schools and other buildings against mold, radon, tobacco smoke, carbon monoxide and more.
- Ensuring water quality in drinking water and public swimming areas.

We safeguard the quality of health care in our state by:

- Regulating many of the people and institutions responsible for providing health care, including managed care plans and nursing homes.
- Developing health care policies that have been modeled by the federal government and other states.

- Working to ensure that Minnesotans have access to affordable, high-quality health care so all people can get the health care they need.

We work to help people stay healthy by:

- Promoting healthy communities and environments through initiatives like the Statewide Health Improvement Program and education campaigns like Cover Your Cough.
- Providing information and services that help people make healthy choices in nutrition, fitness, prenatal care and more.
- Protecting the health of mothers and children, through our supplemental nutrition (WIC) program and health screening for children.
- Conducting prevention programs that address youth tobacco use, injury, teen pregnancy and other issues.