

COVID-19 Key Messages

5/25/2021

Coronavirus disease 2019 (COVID-19) is a respiratory illness. We are still learning new things about COVID-19. Here is some information you should know about COVID-19 to help protect your community.

Anyone of any age can get the disease. Some people may get sicker than others. People who have COVID-19 can give it to others, even if they do not feel sick.

Symptoms

Some people who have COVID-19 infection have felt only a little sick. Others got very sick. Some symptoms are:

- Fever
- Cough
- Shortness of breath
- Chills
- Headache
- Muscle pain
- Sore throat
- Fatigue
- Congestion or runny nose
- Loss of taste or smell

Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea.

Get tested if you feel sick. To find a testing place near you, visit [COVID-19 Testing \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html).

Call your health care provider if you have questions or are worried about your symptoms.

Protect yourself and your community

Reduce your risk of getting sick or spreading COVID-19.

Get vaccinated. Every Minnesotan age 12 and older can get vaccinated for free.

- [Find Vaccine Locations \(mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp\)](https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp) and sign up for an appointment. You may be able to get vaccinated without an appointment at some locations.
- Two doses are needed for the COVID-19 vaccines from Pfizer and Moderna, but only one dose is needed for Johnson & Johnson.
- Once you get your final dose, it takes two weeks for your body to build up protection (fully vaccinated).

If you are not vaccinated (including children):

- Wear a face covering indoors in businesses, public settings, and when around people from other households, as well as outdoors when you cannot stay at least 6 feet from others.
- Stay at least 6 feet away from people from other households.

Vaccinated or not vaccinated, the Minnesota Department of Health strongly recommends that you:

- Wash your hands often.
- Follow guidance on staying home (quarantine) if you were exposed to someone who has COVID-19. People who are fully vaccinated may not need to quarantine in many situations.
- Stay home if you are sick.
- Follow testing recommendations for when you travel, have COVID-19 symptoms, or are exposed to COVID-19.
- Work from home if possible.

Learn more

Get the latest COVID-19 information from these websites:

- [Coronavirus Disease 2019 \(COVID-19\) \(www.health.state.mn.us/diseases/coronavirus/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/index.html)
- [Minnesota COVID-19 Response \(mn.gov/covid19/\)](https://mn.gov/covid19/)
- [CDC: Coronavirus Disease 2019 \(COVID-19\) \(www.cdc.gov/coronavirus/2019-nCoV/index.html\)](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)



Minnesota Department of Health | health.mn.gov | 651-201-5000
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

Contact health.communications@state.mn.us to request an alternate format.