

STAY SAFE MN

Coronavirus Disease 2019 (COVID-19)

Coronavirus disease 2019 (COVID-19) is a respiratory illness. It is caused by a new virus. We are learning new things about this virus every day because it is new.

We are working with partners to slow the spread of COVID-19, but everyone in the state has a part to play to make this happen.

Anyone of any age can get the disease. Some people may get sicker than others. People who are sick with COVID-19 can give it to others, even sometimes when they do not feel sick. Viruses don't discriminate so avoid assumptions about who you think may be sick.

Symptoms

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

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

Less often, people may get a stomachache, throw up, or have diarrhea.

Get tested if you have symptoms. Call your doctor or other health care provider about getting tested. Call them if you have questions or are worried about your symptoms.

People with mild illness can stay home while they get better. Go out only to get medical care. Call your doctor or other health care provider before you go there.

Protect yourself and your community

Do these things to protect yourself and others from COVID-19:

- Stay 6 feet (2 meters) away from other people when you leave your home.
- Wear a facemask or cloth face cover when you go to grocery stores and other places where it is hard to stay 6 feet away from others.
- Stay home when you are sick.
- Wash your hands often.
- Cover your cough.
- Clean and disinfect surfaces and things that are touched a lot.

Get your information about COVID-19 from reliable sources such as the Minnesota Department of Health and CDC websites. Be cautious of other sources, especially ones that talk about a cure for COVID-19.

Learn more

Get the latest COVID-19 information from these websites:

- **[Minnesota Department of Health 2019 Novel Coronavirus \(COVID-19\)](http://www.health.state.mn.us/diseases/coronavirus/index.html)**
(www.health.state.mn.us/diseases/coronavirus/index.html)
- **[Coronavirus Disease in Minnesota](http://mn.gov/covid19)** (mn.gov/covid19)
- **[Centers for Disease Control and Prevention 2019 Novel Coronavirus](http://www.cdc.gov/coronavirus/2019-ncov/index.html)**
(www.cdc.gov/coronavirus/2019-ncov/index.html)



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