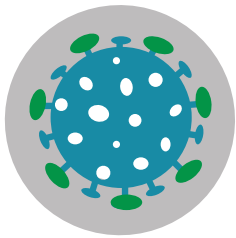


Understanding the COVID-19 Pandemic

What is COVID-19?



COVID-19 (or coronavirus) is a virus that can cause respiratory symptoms including fever, cough, and shortness of breath.

The virus is thought to spread mainly from person-to-person through respiratory droplets produced when an infected person coughs or sneezes. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes may be at higher risk for developing more serious complications from COVID-19 illness. The best way to prevent illness is to avoid being exposed.

How do I help prevent the spread of COVID-19?



- **Stay home as much as possible.** If you leave your home, keep a distance of 6 feet between you and other people.
- **Wash your hands often** with soap and water for at least 20 seconds, or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.

When should I see a doctor?



If you have symptoms that can be managed at home, you don't need to seek health care or be tested for COVID-19. Just stay home while you are sick. If you are older or have underlying medical conditions, it may be helpful to let your health care provider know you are sick.

If your symptoms worsen at any point, call your healthcare provider before going in.

Additional Help and Resources:

	651-430-6000 651-430-6246 (TTY)	Questions about Washington County services
	651-430-6655	COVID-19 health concerns and questions
	651-430-6455	Financial help (food support, cash assistance, and emergency assistance)
	651-430-6688	Washington County Food Support Line (Emergency food packs, grocery delivery, food shelves)
	651-430-6455	Transportation, social services and more (Including child protection and adult protection)
	651-430-6488	Housing/Homelessness (Contact the Homeless Outreach Services Team)
	651-275-7400	Emergency social services & child protection (after 4:30 p.m. and on weekends)
	651-430-6175	Property records and taxpayer services (license centers, recorder and registrar of titles, and vital records)
	651-275-7400	Washington County Crisis Response Unit (mobile crisis mental health services for adults and children)
	651-201-3920 or 1-800-657-3903	MN Department of Health www.health.state.mn.us
	1-800-333-2433	Senior LinkAge Line® Free statewide information and assistance to help you connect to local services in your community.
	In an emergency, dial 9-1-1.	