

# CORONAVIRUS (COVID-19)-Let's Be Ready!

## THE RISK REMAINS LOW

Novel coronavirus, also known as COVID-19, continues to spread worldwide. The current risk to area residents remains low, but this could change with cases now in Minnesota. For this reason, residents should prepare, but not panic.

## IT IS ALWAYS BETTER TO BE PREPARED

For coronavirus or any other public health emergency, it is always a good idea to have a plan in place for your family. Make sure you have at least a 2 week supply of food, water, medicine and other supplies for your family members and pets. Talk with your family and your employer about your plans. Learn more at [ready.gov](https://www.ready.gov)

## HEALTHY HABITS HELP PROTECT YOU FROM ANY SICKNESS

Wash your hands often with soap and warm water for 20 seconds. Cover your mouth and nose when sneezing and coughing. Avoid touching eyes, nose and mouth. Stay home from work if you are sick. If your children are sick, keep them home from school and daycare. Avoid others who may be sick. Clean and disinfect high-touch surfaces often. Contact your health care provider if you have any questions.

## EXPERTS ARE WORKING TOGETHER

Freeborn County Public Health is working with the MN Department of Health (MDH) and the Centers for Disease Control and Prevention (CDC) to monitor COVID-19. We have been reviewing our emergency response plans and are prepared if cases arise in the county. Additionally, the health department is communicating with local medical providers, schools, businesses and other community partners to be sure we are ready to carry out public health recommendations if needed.

## STAY IN THE LOOP

For updates on COVID-19 in MN, visit [health.state.mn.us/diseases/coronavirus](https://health.state.mn.us/diseases/coronavirus). National updates and travel guidance are available at [cdc.gov](https://www.cdc.gov). In Freeborn County, check the county website: [www.co.freeborn.mn.us](https://www.co.freeborn.mn.us) for updates on COVID-19 and other information.



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