

## DO YOU HAVE A FEVER OR COUGH?

Contact your healthcare provider first to see if you need to be evaluated.

- Stay away from urgent care, emergency rooms, or hospitals if you have mild influenza-like symptoms (fever, cough, sore throat, and stuffy nose).
- Stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.



Cover your mouth and nose with a tissue when you cough or sneeze.



- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth.

## Thank you!

## DEPARTMENT OF HEALTH

Infectious Disease Epidemiology, Prevention and Control PO Box 64975, St. Paul, MN 55164 651-201-5414 or 1-877-676-5414 www.health.state.mn.us