

CORONAVIRUS (COVID-19)

NOW IS THE TIME TO PREPARE

Minnesota now has cases of CORONAVIRUS (COVID-19), and Countryside Public Health encourages you to **PREPARE** yourself, your family, and your business for a possible outbreak. Countryside Public Health wants you & your family to plan ahead!

Take precautions to protect yourself from illness:

- Wash your hands thoroughly with soap & water.
- Cover your cough.
- Stay home when you are sick.



Make plans for your family and business:

- Have backup plans in case school or daycare closes due to illness.
- Have a written plan and emergency contacts in writing. Visit our website for Emergency Planning and Supply List brochures.
- Make sure your home and business have the needed supplies.
- If the virus progresses, plan for social distancing and cancellations of large gatherings.



Stay Informed of the current situation:

- Stay up to date on the latest on the situation.
- Top websites for current, reliable information are: www.cdc.gov, www.ready.gov, and www.health.state.mn.us

