

Recommendations to prevent the spread of COVID-19

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people; land in their eyes, nose, or mouth; or land on surfaces that people touch. The risk of COVID-19 transmission increases when people gather with other households. Several key strategies can reduce the risk of getting sick or transmitting COVID-19:
} Get vaccinated. Vaccination is one of the best things you can do to prevent getting or spreading COVID-19. For more information about what you can do when vaccinated, visit COVID-19 Vaccine

(www.health.state.mn.us/diseases/coronavirus/vaccine/index.html).
} Wear a face covering when recommended by MDH or CDC.
♣ There is no longer a statewide requirement to wear face coverings in most settings. However, other federal, state, and/or local laws may require face coverings in some settings, and businesses may set their own requirements. Additionally, Minnesota's Safe Learning Plan, along with the existing face covering guidance for schools and childcare settings, remains in effect.

If you are not vaccinated:
♣ Keep at least 6 feet of physical distance from other households and follow the face covering recommendations in the above MDH resources.

Vaccinated or not vaccinated:

MDH strongly recommends that everyone:
♣

1. Wash their hands often.
2. Follow guidance on staying home (quarantine) if you were exposed to someone who has COVID-19. People who are fully vaccinated may not need to quarantine in many situations.
3. Stay home if they are sick

David Baukol
Superintendent