

# COVID-19 FAQs



## What is COVID-19?

COVID-19 is a respiratory illness. If you get sick, symptoms may include fever, cough, shortness of breath and chills. These symptoms may appear 2-14 days after you come into contact with the virus that causes COVID-19. COVID-19 has an unequal impact on Black communities, so it is important to wash your hands, cover your cough, and wear a mask.

## Who is most vulnerable?

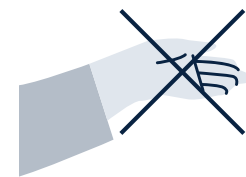
Certain groups have a higher risk of severe illness if they get COVID-19. This includes people with chronic diseases (asthma, diabetes, etc), essential workers, people who are immunocompromised, and the elderly.

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## How can I help keep everyone safe from COVID-19?



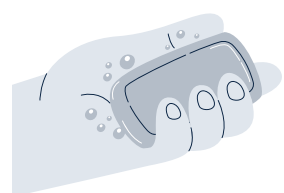
**Disinfect high-touch surfaces** like doorknobs, tables, and desks regularly



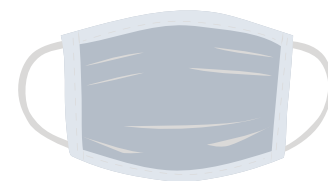
Don't shake hands. Use **non-contact greeting methods**



**Avoid touching your face** and cover your coughs and sneezes



**Wash your hands regularly**, after using the bathroom, and before meals



**Wear a mask** when out and stay **6 feet** from others

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## Why should I wear a mask and who should not?

Wearing a cloth mask stops almost all droplets (including the virus) coming out of your mouth. Since recent studies show that even people without symptoms can pass on COVID-19, it is important to wear a mask even if you do not have symptoms to help protect others in the community. **Children under 2 years old and anyone who has difficulty breathing or lung problems should NOT wear a mask.**

## When should I seek emergency care?

Seek emergency medical care if you have:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

**SOURCE: CENTERS FOR DISEASE CONTROL, MINNESOTA DEPARTMENT OF HEALTH**

## Where can I get tested?

- The Minnesota Department of Health is offering free testing for anyone involved in protest, vigils, and community events.
- To find a location near you, go to <https://www.health.state.mn.us/diseases/coronavirus/testsites.html>.
- If you are not able to sign up online, or need a translator, call 1-800-657-3903 for assistance. Call your provider for testing information through your local clinic