

ADJUSTING TO OUR NEW NORMAL

WHILE ALL ARE GRIEVING THE LOSS OF LIFE AS WE KNEW IT, MANY HAVE EXPERIENCED A POSITIVE NEW NORMAL:

- Engaging in Community Spirit and Generosity (*birthday party parades, Be The Light Minnesota*)
- Helping the Elderly (*reserved grocery shopping times and deliveries*)
- Being with Family (*meals together, not running*)
- Staying Connected with Technology
- Encouraging Localism (*buying local, supporting neighbors*)

NEW CDC SYMPTOM GUIDELINES:

People with new symptoms or different than your normal symptoms; stay home if you have the following:

One of these symptoms:

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

New CDC tool to check if you have COVID symptoms:

<https://bit.ly/3fp0euC>



FRIENDLY REMINDER TO PLAN AHEAD BEFORE LEAVING YOUR HOME.

- Stay home if feeling sick
- Consider curbside pick-up or delivery
- Have a two week supply of essential items
- If you need to go in store, make it quick with a list
- Only one family member should go for essentials
- Respect others' space while shopping
- If store is busy, come back later
- Wear a mask

Preparing for COVID-19

Have a 2-week supply of the following items for you and your family.



NON-PERISHABLE FOOD



SOAP & HAND SANITIZER



PET SUPPLIES



BABY SUPPLIES



MEDICINES YOU TAKE REGULARLY



MEDICINES YOU MIGHT NEED IF YOU GET SICK



BRAIN STIMULATING ACTIVITY

health.mn.gov | 04/01/2020