

PROTECT YOURSELF & OTHERS FROM COVID-19

COVID-19 is likely circulating in most communities, even if cases have not yet been reported.

Residents in retirement communities or independent living facilities are at higher risk for severe COVID-19 outcomes for a variety of reasons, including:

- older age
- underlying health conditions, such as chronic heart disease, diabetes, or lung disease
- community characteristics, such as frequent social activities, shared facilities and communal spaces

Independent and retirement community residents should do what they can to slow the spread of COVID-19.

COVID-19 Help Line

Phone: (952) 361-1559

Email: communityresponse@co.carver.mn.us

Website: www.co.carver.mn.us/covid-19



CARVER
COUNTY

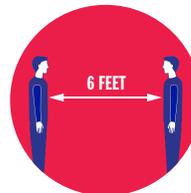


Public Health
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Here's What You Can Do to Help Protect Yourself & Others:



Stay 6 feet away from others during events. COVID-19 can be spread by droplets created by coughing, sneezing or talking.



Stay home if possible



Wash your hands often with soap and water for at least 20 seconds



Use a hand sanitizer that contains at least 60% alcohol if soap & water aren't available



Avoid touching frequently touched surfaces in public places – elevator buttons, door handles, handrails, etc.



Cover your coughs and sneezes



Avoid touching your face, nose and eyes