

RETURNING TO NORTHERN MINNESOTA DURING THE COVID-19 OUTBREAK



Self-Quarantine Advisory

Once you arrive in Northern Minnesota, it is important for you to self-quarantine and self-monitor for 14 days.

You can help keep our community healthy and safe with the following steps:

1. Stay home during this two-week period.
2. Avoid contact with others, especially small children, older adults and those who have a weakened immune system.
3. Do not go to work or visit public places such as grocery stores or restaurants.
4. Do not take public transportation, including taxis or ride-shares.
5. Practice social distancing by maintaining a distance of 6 feet from others.
6. Take your temperature twice a day to detect if you have a fever.
7. Self-monitor for symptoms such as coughing or trouble breathing.

Daily precautions:

- Wash your hands often for at least 20 seconds or use hand sanitizer with 60% alcohol.
- Avoid touching your face.
- Cover your cough and sneeze by using your sleeve instead of your hands.
- Visit cdc.gov to find the Centers for Disease Control and Prevention (CDC) guidelines for wearing a cloth face mask.

Symptoms of COVID-19:



100.4° Fever



Cough



Shortness of Breath

If you start to experience COVID-19 symptoms, it is important to call your medical provider to be screened. You can call Sanford Health in Bemidji at (218) 333-5000 or contact your provider through My Sanford Chart.

It is also important that you do not delay ongoing medical care for any chronic conditions you may have. Please call your provider to decide the best next steps for your care.

FACTS. 
OVER FEAR

COVID-19