

Stay at home

Help stop the spread of COVID-19



- Public gatherings
- Play dates or sleepovers
- Hosting visitors
- Eating in restaurants
- In-person happy hours
- Hoarding food and household items
- Stigmatizing groups of people
- Travel to non-essential jobs



- Grocery shopping
- Shopping for essentials
- Going to medical appointments
- Picking up medications
- Delivering supplies to loved ones
- Traveling to essential jobs
- Carryout food
- Riding public transportation



- Seek emergency care
- Call friends and family
- Work from home
- Walk the dog
- Exercise outside
- Bike, walk or run
- Eat healthy
- Get enough sleep
- Host video chats
- Use online learning tools



For more information, visit
mn.health.gov
Dakota County Hotline:
952-891-7834

