

WHAT YOU DO IMPACTS OUR COMMUNITY



IF YOU WANT TO

OPEN

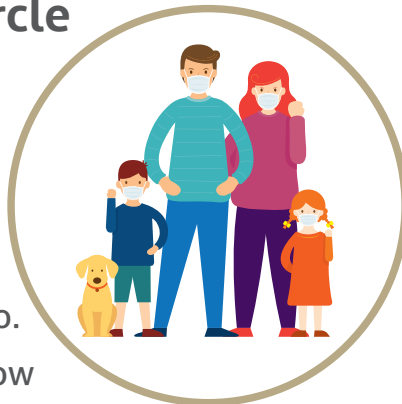
Keep kids in school • Keep businesses open
Keep our elders safe • Keep sports teams playing



THEN

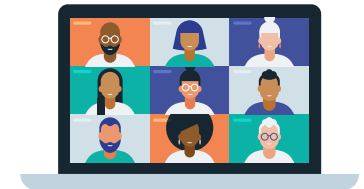
Tighten your social circle

- Keep your social circle small and consistent.
- The fewer people you spend time with in close contact, the fewer people you and your family will be exposed to.
- Small social circles help to slow community transmission.



Minimize your participation in social gatherings & events

- Find safe ways to celebrate or choose not to participate.
- Consistently wear a mask and keep a social distance with anyone not in your immediate household.



YOU CAN SPREAD IT BEFORE YOU KNOW YOU HAVE IT.

You and your family or friends can feel perfectly healthy, but you still might be infected with Coronavirus and contagious before you know it.



Public Health
Prevent. Promote. Protect.

WE NEED YOUR HELP TO SLOW THE COMMUNITY SPREAD OF COVID-19

It's so tempting to attend a wedding, birthday party, community event, house party or other social gathering. The problem with COVID-19 is that the infectious period begins 2 days before symptoms appear. So, while a person attending a social gathering may feel fine, they might actually be spreading COVID-19 without knowing it. As a community, we need to contain the spread and it is only with your help that we can do it!

Please continue to follow the recommended precautions listed below. Stay home when ill. Consider takeout rather than dining in and virtual interactions instead of gathering in person.

If we all do our part, we can help ensure our children can go to school and participate in sports, and keep businesses open. And most important, when this pandemic is over, we can help ensure we aren't missing any loved ones at special events.

PLEASE CONTINUE TO DO YOUR PART

- Limit social gatherings. If you do attend, maintain social distance and wear a mask.
- Keep your social circle small and consistent.
- Stay 6 feet apart.
- Wash your hands!
- Always wear a mask that covers both your mouth and nose.

THIS MESSAGE IS BROUGHT TO YOU BY

the Arrowhead Regional Public Health and Tribal Health Departments, including Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, and St. Louis County Public Health together with the Bois Forte, Fond du Lac, Grand Portage and Mille Lacs Band of Ojibwe Public Health.

gashkitoon

An Ojibwe word meaning
"to be able to do, succeed at, manage it"



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