Stay healthy this winter

Wash hands

Help stop the spread of germs by washing hands:

- Before and after eating
- After going to the bathroom
- After coughing or blowing your nose
- Whenever else it would be appropriate

Keep shared spaces clean

Keep shared spaces clean in the workplace and at home.

Wiping surfaces down can help prevent other people from getting sick.

Protect your community

Help protect the community by:

- Staying at home when sick
- Keeping sick children home from school or daycare
- Testing for COVID-19 before going to large gatherings

Find information about
free vaccine clinics in Minneapolis

minneapolismn.gov/vaccines

Get vaccinated

It's important to get vaccinated against illnesses like COVID-19 and the flu.

Vaccines help protect against severe illness.

Minneapolis Health | **Building Healthier Communities**