

# COVID-19 Checklist

## Things to do When Avoiding Large Gatherings

### Top Things You Can Do

To minimize the spread of COVID-19, the Governor and Minnesota Department of Health are encouraging everyone to avoid gathering in groups of 50 or more. Minnesotans should follow these guidelines as closely as possible.

Visit the Minnesota Department of Health (MDH) [Strategies to Slow the Spread of COVID-19 in Minnesota](#) webpage.

#### If you need to go out

If you need to go out in public for work, shopping or to attend an event, take steps to:

- › Maintain social distancing whenever possible – six feet apart.
- › Continue to wash your hands with soap frequently, or use hand sanitizer with at least 70% alcohol.
- › Cover your coughs and sneezes with a tissue or the crook of your elbow.
- › Avoid touching your face as much as possible.
- › Plan shopping and other necessary excursions infrequently and at non-peak times.

#### Consider postponing travel

- › If you have plans to travel locally, domestically, or internationally, consider cancelling or rescheduling.
- › If you need to travel, practice the guidelines above.
- › Visit the MDH website for [Travelers: Coronavirus Disease 2019 \(COVID-19\)](#)

For up to date, accurate information, visit the Minnesota Department of Health (MDH) [Prepare and Prevent: COVID-19](#) webpage, or the Centers for Disease Control (CDC) [Coronavirus webpage](#).



**Wash your  
hands.**



**Stay home  
when sick.**



**Cover your  
cough.**



**Keep 6 feet  
apart.**



**Stay  
informed.**