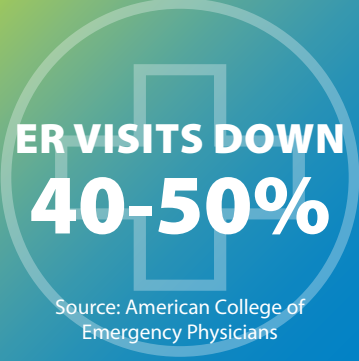


# Helping Minnesotans Stay Healthy and Well

Minnesota physicians are uniting to empower families to practice good health for their physical and emotional well-being.

## Seek Safe Care. A physician can see you now.



**ER VISITS DOWN  
40-50%**

Source: American College of  
Emergency Physicians

**29%**  
of American adults say they  
have **delayed or avoided**  
**medical care** because  
they are concerned about  
contracting COVID-19.

Source: American College of  
Emergency Physicians


**73%**  
of American adults  
are **concerned** about  
**overstressing the**  
**health care system.**

Source: American College of  
Emergency Physicians

**"We urge Minnesotans  
to get the care they  
need, when they need it.  
Physicians are available  
and safety precautions are  
in place to protect you."**

– Keith Stelter, MD, MMA President

## Don't Delay Routine Care



**IN MINNESOTA,  
MEASLES VACCINE  
DOSES DROP  
70% IN 2020**

Source: State health officials,  
reported by Star Tribune


From mid-March to  
mid-April, **2.5 million**  
**fewer doses** of all  
routine non-influenza  
vaccines as compared  
to 2019

Source: CDC

**"The data is alarming. Avoiding routine care,  
including vaccinations and appointments needed  
to manage chronic conditions, can have a lasting  
impact on your health and the health of your  
community. Please talk to your physician about how  
to safely continue your routine care needs."**

– Keith Stelter, MD, MMA President

## Follow COVID-19 Safety Practices



**WEAR A  
MASK**



**PRACTICE  
SOCIAL  
DISTANCING**



**STAY HOME  
WHEN  
POSSIBLE**



**WASH YOUR  
HANDS**



**GET TESTED  
WHEN SICK**