

# **FREEZE THE DISEASE**

**Cover your nose and mouth this winter,  
it will be cold out anyway**

## **FREEZE!**

**6 FEET**



**Enjoy the freezing weather this winter by staying active with outdoor sports & recreation**

**Be a good sport this winter and stay one hockey stick away from others (outside of your immediate household)**

**Freeze from letting your guard down, as a community we must remain vigilant this winter**

**When school is back in session, Freeze the Disease Chisago County to help schools stay open and keep our youth staying active**



**Public Health**  
Prevent. Promote. Protect.  
**Chisago County**



**@ChisagoCountyPublicHealth**

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