

From sun-up to sun-down, public health helps to keep you safe and healthy

6:30 You wake up to clean air.

6:45 You brush your teeth with clean water.

7:00 You eat a nutritious breakfast.



7:30 You drive to work wearing your seat belt.

8:00 You work in a safe environment.

Noon You have lunch at a restaurant that practices safe food-handling.

2:00 You learn that a serious disease outbreak has been prevented.

3:00 You see your health care provider, who updates your immunizations.

6:00 You have veggies and fruit with dinner.



7:00 You enjoy a brisk walk with your family.

10:00 You sleep well, knowing you'll have another safe and healthy day tomorrow.

MDH Phone Numbers

Main Office

General Information	651-201-5000
Toll-free	888-345-0823
Commissioner's Office.....	651-201-5810
Communications Office.....	651-201-4989
Community & Family Health.....	651-201-3589
Compliance Monitoring.....	651-201-4101
Emergency Preparedness.....	651-201-5700
Environmental Health.....	651-201-4571
Foodborne Illness Hotline	877-FOODILL
Health Policy.....	651-201-3550
Health Promotion & Chronic Disease.....	651-201-3600
Human Resource Management	651-201-5770
Infectious Disease Epi., Prev. & Control.....	651-201-5414
Toll-free	877-676-5414
Legislative Policy.....	651-201-5808
Minority & Multicultural Health.....	651-201-5813
Statewide Health Improvement Initiatives	651-201-5443
Public Health Laboratory.....	651-201-5200
Vital Records – Birth and Death Certificates	651-201-5980

District Offices

Bemidji.....	218-308-2100
Duluth.....	218-302-6166
Fergus Falls.....	218-332-5150
Mankato.....	507-344-2700
Marshall	507-537-7151
Rochester	507-206-2700
St. Cloud.....	320-223-7300

Local public health agencies serve all 87 counties in Minnesota. Contact your local health department to see what services it offers. Find it online or in the phone book under your county listing.



Freeman Building
625 Robert St. N.
PO Box 64975
St. Paul, MN 55164-0975
www.health.state.mn.us

If you require this brochure in an alternative format, call 651-201-4989.

Printed on recycled paper.

IC# 141-0206
October 2013



Minnesota Department of Health

Protecting, maintaining and improving
the health of all Minnesotans





Preventing diseases



Protecting health care



Ensuring a safe and healthy environment



Promoting good health



At the Minnesota Department of Health...

We take action to control the spread of infection and illness by:

- Detecting and investigating disease outbreaks, including E. coli infections, salmonellosis and hepatitis.
- Providing sophisticated laboratory services to detect health problems, using techniques not available privately or from other government agencies.
- Preparing for and responding to public health emergencies, including threats to homeland security (such as a chemical or biological terrorist attack).
- Monitoring emerging health threats such as new influenza viruses.
- Promoting immunizations through public awareness efforts and immunization clinics.
- Providing education and training to citizens and health professionals about preventing chronic and infectious diseases.

We promote a healthy environment by:

- Identifying and responding to potential health hazards in the environment (such as lead, asbestos and toxic waste).
- Ensuring safe practices in restaurants and other facilities where food is served.
- Working to safeguard the air inside homes, schools and other buildings against mold, radon, tobacco smoke, carbon monoxide and other potential pollutants.
- Ensuring water quality in drinking water and public swimming areas.

We safeguard the quality of health care by:

- Regulating many of the people and institutions responsible for providing health care, including managed care plans and nursing homes.
- Developing innovative health care policies (that have been modeled by the federal government and other states).

- Working to ensure that Minnesotans have access to affordable, high-quality health care so all people can get the care they need.

We help people improve their health by:

- Promoting healthy communities and environments through the Statewide Health Improvement Program (SHIP) and education campaigns like Cover Your Cough.
- Providing information and services that help people make healthy choices in nutrition, fitness, prenatal care and more.
- Protecting the health of mothers and children through our supplemental nutrition (WIC) program and health screening for kids.
- Conducting prevention programs that address youth tobacco use, injuries, teen pregnancy and other issues.