COVID-19
Novel Coronavirus

Protect Yourself

The best way to prevent infection is to avoid being exposed to the virus with prevention measures including:

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Avoid shaking hands with others.

- Practice physical distancing and avoid contact with people who are ill.

- Stay home when you are ill.

- Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands. If you don't have a tissue, sneeze or cough into your sleeve or arm.

- Clean and disinfect frequently touched objects and surfaces.

Visit toronto.ca/covid19

Residents are reminded to use credible, evidence-based sources of information about this new coronavirus. Toronto Public Health's website is updated regularly as new information becomes available to help keep residents informed about COVID-19.

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