

# COVID-19

Novel Coronavirus

## Protect Yourself

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



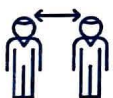
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.



- 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](https://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.



# COVID-19

**Do you have any of the following:**



**Fever**



**Cough**



**Difficulty breathing**



**Sore throat,  
trouble swallowing**



**Runny nose**



**Loss of taste or  
smell**



**Not feeling well**



**Nausea, vomiting,  
diarrhea**



**Have you been in close contact with someone who is sick or has confirmed COVID-19 in the past 14 days?**



**Have you returned from travel outside Canada in the past 14 days?**



**If you answered YES to any of these questions, go home & self-isolate right away. Call Telehealth or your health care provider, to find out if you need a test.**



# PREVENT THE SPREAD OF COVID-19 IN WASHROOMS



Avoid crowding,  
and wait outside if  
needed.



Stay 2 metres  
(6 feet) from others  
at all times.



Wear a mask or face  
covering.



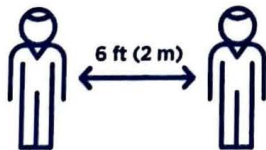
Clean your hands  
thoroughly.

# HOW TO WEAR A CLOTH MASK



- ✓ Do wash your hands before putting it on and taking it off
- ✓ Do make sure it fits comfortably over mouth and nose for easy breathing
- ✓ Do wash your cloth mask after each use in the laundry
- ✓ Do clean surfaces that a dirty mask touches
- ✗ Don't touch your face or mask while using it
- ✗ Don't use masks on children under 2 or those who can't breathe with them on
- ✗ Don't share your mask with others
- ✗ Don't wear medical masks, keep them for health care workers

## You still need to:



Keep a 2m distance



Wash hands often



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Help prevent the spread of germs and protect yourself from COVID-19 and other respiratory viruses.

## Cover Your Cough



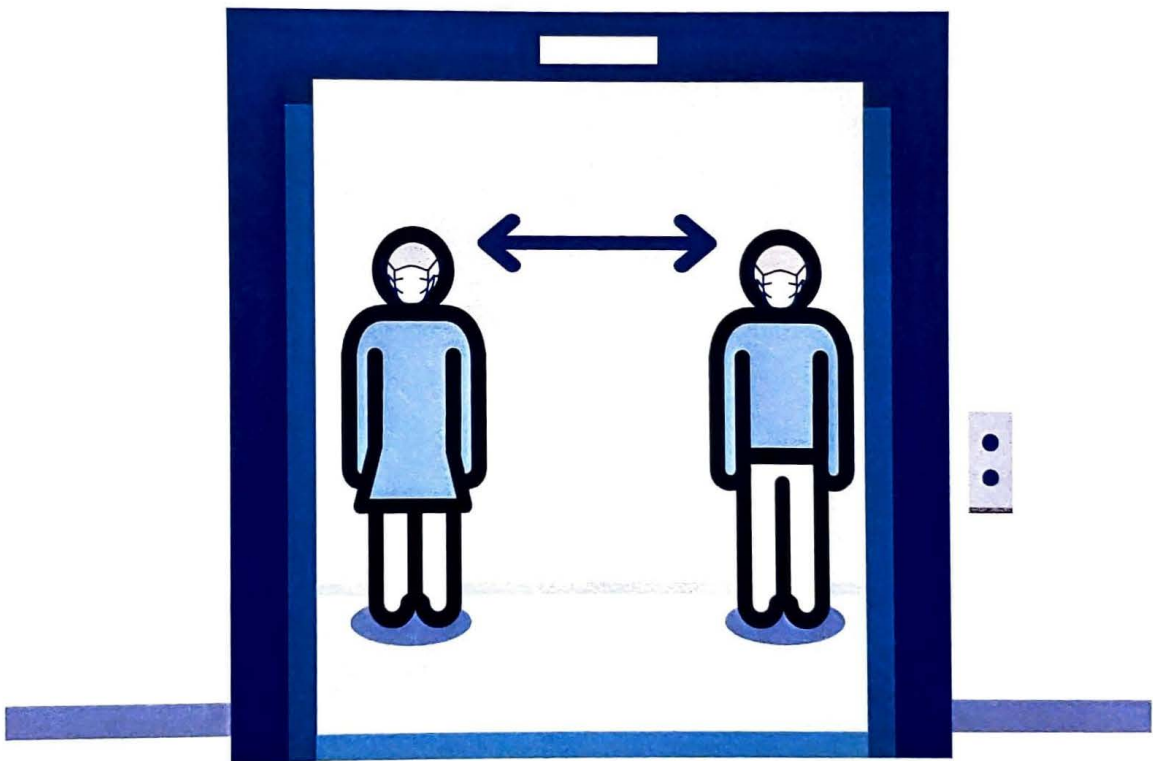
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# PHYSICAL DISTANCING ON ELEVATORS

**Maintain safe distancing on elevators**



- Keep 2 metres apart from others
- Limit number of people per elevator
- Wear a mask or face covering

# HOW TO SAFELY WEAR A CLOTH MASK OR FACE COVERING

1



Before putting on the mask, wash your hands & secure hair away from your face.

2



Place the mask snugly over your mouth & nose, making sure there are no gaps.

3



Avoid touching your face & mask while using it. Do not leave the mask on your neck, forehead or hanging from your ear.

4



Change your mask as soon as it gets damp or soiled.

5



Remove the mask without touching the outside of the mask & launder it before wearing again.

6



Wash your hands & clean any surfaces that the dirty mask touches.