2019 Novel Coronavirus (COVID-19)

What you need to know to stop the spread of COVID-19

- Avoid contact with others and stay home.

- Practice physical distancing.
  Stay two metres from other people.

- Only visit an assessment centre if you have been referred by a health care professional.

- Self-isolate and monitor for symptoms for 14 days if arriving from outside Canada.

- Wash hands with soap and water thoroughly and often.

- Clean high-touch surfaces regularly.

- Be prepared, but avoid panic stocking.

- Caring for those who are ill?
  Take precautions.

If you have symptoms, take a self-assessment at ontario.ca/coronavirus before calling your primary care provider or Telehealth Ontario at 1-866-797-0000
TTY: 1-866-797-0007

For more information, visit **ontario.ca/coronavirus**

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