2019 Novel Coronavirus (COVID-19)

What you need to know to help you and your family stay healthy

Wash your hands with soap and water thoroughly and often.

Cough and sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.

Keep surfaces clean and disinfected.

Stay home when you are sick.

If you have symptoms, call Telehealth Ontario at:
1-866-797-0000
TTY: 1-866-797-0007
Or contact your public health unit.

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

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Ontario

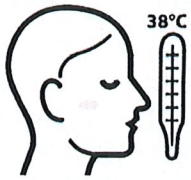
Public Health Ontario | Santé publique Ontario

Coronavirus Disease 2019 (COVID-19)

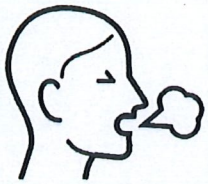
How to self-monitor

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your public health unit.

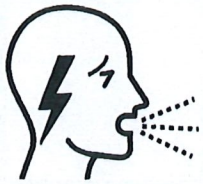
Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

Avoid public spaces

- Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your public health unit and your health care provider.
- To self-isolate you will need:
  - Instructions on how to self-isolate
  - Supply of procedure/surgical masks (enough for 14 days)
  - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using public transportation such as subways, taxis and shared rides. If unavoidable, wear a mask and sit in the back seat.

Contact your public health unit:

_____

_____

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

The information in this document is current as of February 14, 2020

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Ontario

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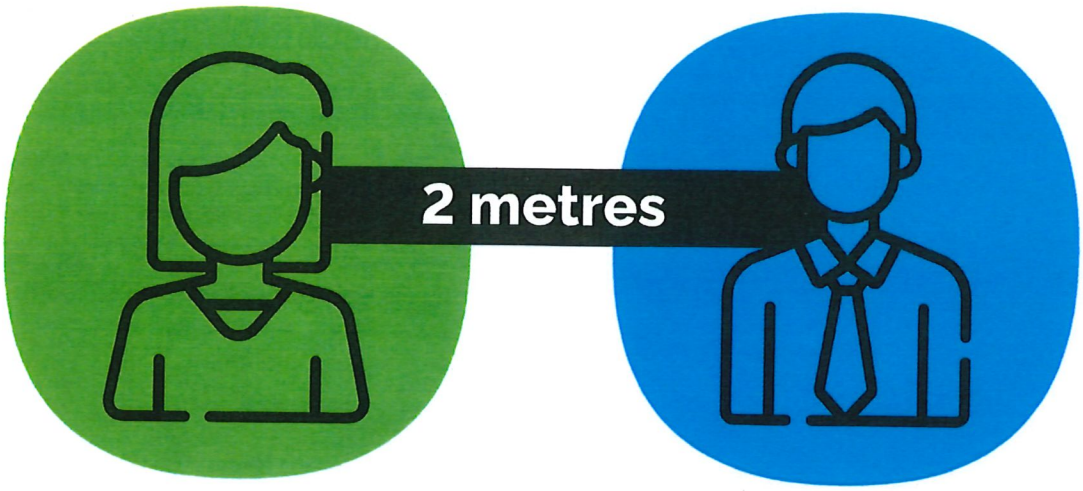
Practice social distancing



Do your best to keep at least two metres away from others.

If you have symptoms,
take the self-assessment at **Ontario.ca/coronavirus**.
Or call your primary care provider
or Telehealth Ontario at
416-797-0000 (TTY: 416-797-0007)

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

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