

# 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.