



How to Protect Yourself and Your Loved Ones Against COVID-19

Wash your hands frequently.

- Use soap and water or an alcohol-based hand sanitizer for twenty seconds at a time.
- Make sure to wash your thumbs, between your fingers, and the backs of your hands.
- Moisturize your hands regularly.

Cough or sneeze into your bent elbow or a tissue.

- Droplets spread the virus, so whether or not you have tested positive for COVID-19, make sure to protect others.
- If you sneeze or cough into your bent elbow, clean your elbow with soap and water or an alcohol-based hand sanitizer, and throw out the tissue immediately.

Practice and maintain social distancing.

- The Ontario government prohibits gatherings of more than five people to prevent the spread of the virus (this does not apply to private households with five people or more).
- Maintain at least two metres or six feet between yourself and anyone who is coughing or sneezing, or anyone outside your household.

Avoid touching yours or another person's eyes, nose, and mouth.

- Hands touch many surfaces and can pick up the virus, and once contaminated, can transfer the virus to your eyes, nose, or mouth through which the virus can enter your body.

If you have a fever, cough, and difficulty breathing, seek medical care early.

- Stay inside your home if you feel unwell and seek medical attention early if you notice symptoms of the virus.
- Many health care providers require you to call ahead before you visit at this time, so make sure to follow their instructions.

Sources:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://news.ontario.ca/opo/en/2020/03/ontario-prohibits-gatherings-of-five-people-or-more-with-strict-exceptions>