

Worried about the novel coronavirus?

While the novel coronavirus (COVID-19) is a serious illness, the main risk factor is recent travel to affected areas.

Help protect yourself from all respiratory illnesses by:

- ✓ washing hands regularly with soap and warm water or use an alcohol-based hand sanitizer
- ✓ avoiding touching your eyes, nose and mouth with unwashed hands
- ✓ avoiding close contact with people who are sick

Help protect others by:

- ✓ staying home when you are sick
- ✓ covering coughs and sneezes with a tissue or your sleeve

Get updates on COVID-19 and affected areas at [Ontario.ca/coronavirus](https://ontario.ca/coronavirus)

If you have symptoms, call Telehealth Ontario at 1-866-797-000 (TTY: 1-866-797-0007) or contact your public health unit.

Feeling unwell?

Recent travel to an affected area?

Call your public health unit to learn more.

