

**Update on COVID-19**  
**Dr. Eileen de Villa, Medical Officer of Health**  
**March 19, 2020 at 3:45 p.m.**  
**Members' Lounge, Toronto City Hall, 100 Queen St. W.**

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- As of 1 p.m. today there are: 128 confirmed cases of COVID-19 in Toronto and 11 people are currently hospitalized.
- Many restaurants, bars, and other non-essential businesses have complied with recommendations and orders for temporary closure to support social distancing. However, I'm hearing from many around our city that there are still a number non-essential businesses that continue to keep their doors open.
- If we want to be successful in protecting ourselves, our families and our community against this virus, we have to take social distancing even more seriously.
- This includes non-essential businesses like hair and nail salons, and clothing stores. I am encouraging non-essential businesses that remain open to get behind social distancing and do the right thing. As always, we are constantly evaluating our situation and will make adjustments as needed.
- Around the city, I'm encouraged by positive examples of social distancing that I've seen and heard about:
  - From free online fitness classes to virtual dinner parties and social gatherings, to kids putting up artwork in their windows to spread neighbourhood cheer.
  - These are examples of the resilience and creativity of our city.
- I have also heard that people are using this time to connect with their families and practice self-care. This means caring for our mental and emotional well-being, as well as our physical health.



## Public Health

- I understand that this is a stressful time and I feel this too. We all need to find ways to seek meaningful support. For some this may mean calling a friend, or trusted family member. For others this means going out for a walk and staying active.
- There are also a number of community resources available to provide support including: the Distress Centre of Greater Toronto, the Kids Help Phone, the Gerstein Crisis Centre, or your workplace Employee Assistance Program.
- It continues to be a challenging time for all of us, but we're all in this together. I have a great team at Toronto Public Health and we are committed to protecting our city's health. Our community is resilient and we will get through this together.
- In closing, I'm asking everyone again to make every effort and take every opportunity to practice social distancing. Stay home, stay safe and take care of each other.

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