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.
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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