Need information about COVID-19? Toronto Public Health is your source.

There are lots of ways to help prevent the spread of germs and protect yourself from the novel coronavirus COVID-19 and other respiratory viruses. 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 close 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.

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. Visit **Toronto.ca/coronavirus** or call **416-338-7600**.

TORONTO Public Health