COVID-19 Novel Coronavirus

How to Self-Isolate

Stay home
Do not go to work, school or any public places
Do not use public transportation

Limit visitors to your home
Only have visitors who you must see and keep visits short.
Keep away from seniors and people with compromised immune systems.

Avoid contact with others
Stay in a separate room away from others, and use separate bathroom if possible.
Disinfect common spaces and shared rooms frequently.
Open windows to improve air flow.
Keep distance of 2 metres from other people

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/covid19