COVID-19 Novel Coronavirus

How to Self-Isolate



Stay home

Do not go outside, unless on to a private balcony or enclosed yard.

Do not use public transportation, taxis or ride shares.

Should you need to go outside, keep at least 2 metres/6 feet from others.



Do not have visitors in your home



Avoid contact with others

Stay in a separate room away from others, and use a separate bathroom if possible.

Disinfect common spaces and shared rooms frequently.

Open windows to improve air flow.

Keep distance of 2 metres/6 feet from other people.

Visit toronto.ca/covid19

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.

