STOP THE SPREAD. STAY HOME.  
SAVE OUR CITY.

Stay Home. Save Lives. COVID-19 spreads from close contact with someone who is contagious. When we avoid physical contact with people, we’ll stop the virus from spreading and reduce the number of deaths in our city.

Stay Home. Reduce The Strain On Our Healthcare System. Fewer cases mean we reduce the risk of overloading our healthcare workers and hospitals so care will be available when we need it.

Stay Home. Reduce The Economic Impact. The sooner we get past this, the sooner we get back to business and living our lives.

Stay Home. Protect Essential Service Workers. By staying home, you create a safer environment for the people on the front lines who keep our city running. We can’t afford to have our essential workers fall ill.

HOW DO YOU PROTECT YOURSELF & OTHERS?

Stay Home. Only go out for the following reasons:
- to go to a doctor or a hospital
- to buy groceries (only go once a week or have them delivered if you can)
- to pick up medicine
- to get daily exercise
- to walk your dog(s)

Stay 2 Metres (6 ft.) Away From Others.

Self-Isolate For 14 days if You Have Symptoms.

Wash Your Hands Often.

Help Out A Neighbour Or The Elderly.
“What does self-isolation mean?”
Self-isolation means staying home and separating yourself from others so you can stop the spread of the virus. It means no visitors.

“When should I self-isolate?”
• You must self-isolate for a minimum of 14 days if you’ve been travelling. That means don’t leave the house.
• You must self-isolate if you have lab-confirmed COVID-19.
• You must self-isolate if you’ve been in close contact with someone who has symptoms or tested positive for COVID-19.
• You must self-isolate if you’re sick with symptoms, even if you haven’t been tested.
• You must self-isolate if you’re over the age of 70 and/or have a weak immune system or a pre-existing medical condition. It’s for your own protection.

“Do I have to stay home even if I don’t feel sick?”
Yes. By staying home you protect yourself, your family, friends and neighbours from getting the virus. You can spread the virus even before you have symptoms.

“Can I go outside?”
No if you’ve just returned from travel.
No if you’ve tested positive for COVID-19 or have symptoms even if you’ve not been tested.
No if you’ve had close contact with someone who has COVID-19 or has symptoms.
No if you’re 70 years and older or have a weak immune system.

If none of the above applies to you, then...
Yes, but:
• Stay 2 metres (6 ft.) away from others at all times
• Stay in your neighbourhood
• Avoid City park facilities and structures like playgrounds. They are temporarily closed. See full list at toronto.ca/parkclosures
• Only go outside with people in your household (no more than 5 people at a time) If you can’t keep at least 2 metres (6 ft.) apart from others, walk away. Avoid the area.

HOW LONG WILL ALL OF THIS LAST?
We are closely monitoring the community spread of the virus. If everyone does their part and stays home, we hope to beat COVID-19 by the summer.

If you’re unable to leave your home and you require support, please call 2-1-1 or visit 211toronto.ca, where you can be linked to community services.

For accurate, up-to-date information on the pandemic, go to toronto.ca/covid19