



## COVID-19: Know Your Risks & Take Steps to Protect Yourself

### *For unvaccinated individuals*

September 28, 2021

**Vaccines work.** Toronto Public Health strongly recommends that everyone who is eligible get vaccinated against COVID-19. For children who are not yet eligible for the vaccine, or for adults who are unable to receive the vaccine or choosing to delay or refuse COVID-19 vaccination, knowing your risks and taking steps to protect yourself will help to keep you and your family safe.

#### Know your risks:

- The Delta variant spreads faster and can cause severe illness, even in young adults.
- COVID-19 illness, even with mild symptoms, may lead to long-term health impacts.
- The long-term health impacts of COVID-19 are still not fully known.
- The majority of COVID-19 infections, hospitalizations and deaths are among unvaccinated individuals.
- While some vaccinated people can still get COVID-19, the vaccine protects against severe illness, hospitalization and death from the virus, including the Delta variant.

#### Preventive measures are important for everyone

- Wear a mask. Wash your hands often, and keep a physical distance of at least two metres.
- Continue to monitor yourself and your family members for symptoms of COVID-19.
- Complete daily screening before work or school.
- Get tested and self-isolate if you have symptoms, even if they are mild.
- Do not send your child to school or attend work if any household member has symptoms.
- Get the vaccine as soon as it is available to you.

#### Being unvaccinated may impact your ability to attend work, school, or go out:

- If there is a COVID-19 outbreak in the workplace or school, unvaccinated individuals may be excluded from work or school.
- If you had close contact with someone who tested positive for COVID-19, unvaccinated individuals will have to self-isolate for 10 days at home, even if they have no symptoms.
- Proof of vaccination may be required in some settings under provincial regulations.

If you have questions, please speak with a health care provider or call Toronto Public Health at 416-338-7600. Information is also online at [toronto.ca/COVID19](https://toronto.ca/COVID19).