

COVID-19 FACTS

(sourced from Canada's Ministry of Health and the City of Toronto)

Symptoms:

- Fever
- Cough
- Muscle aches and tiredness
- Difficulty breathing

Your risk of severe disease may be higher if you have a weakened immune system. This may be the case for:

- Older people (especially aged 70+)
- People with chronic disease such as diabetes, cancer, heart, renal or chronic lung disease

If you are concerned you may be ill:

- Isolate yourself within the home as quickly as possible
- Call your healthcare provider or Telehealth Ontario at 1-866-797-0000
- If you are having trouble breathing or other severe symptoms, call 911 immediately

How to protect yourself:

- Wash your hands often with soap and water for at least 15 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid touching surfaces with your hands
- Social distancing:
 - Keep 2 metres (6 feet) apart from others
 - Avoid crowds or mass gatherings
 - Stay home as much as possible – only go out for necessities
 - Ask family or friends less susceptible to illness to help with shopping. If you normally use a food program, call to see if they have a delivery or pick-up option