

2019 Novel Coronavirus (COVID-19)

# What you need to know to help you and your family stay healthy



**Wash your hands with soap  
and water thoroughly and often.**

**Cough and sneeze into your  
sleeve or a tissue. Dispose of tissue  
immediately and wash your hands.**



**Keep surfaces clean and disinfected.**

**Stay home when you are sick.**



If you have symptoms,  
take the self-assessment at [ontario.ca/coronavirus](https://ontario.ca/coronavirus).  
Or call your primary care provider or  
Telehealth Ontario at 416-797-0000 (TTY: 416-797-0007)

For more information,  
visit [ontario.ca/coronavirus](https://ontario.ca/coronavirus)

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