

COVID-19

Novel Coronavirus

How to Self-Isolate



Stay home

Do not go to work, school or any public places

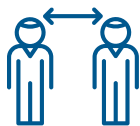
Do not use public transportation



Limit visitors to your home

Only have visitors who you must see and keep visits short.

Keep away from seniors and people with compromised immune systems.



Avoid contact with others

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

Disinfect common spaces and shared rooms frequently.

Open windows to improve air flow.

Keep distance of 2 metres 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.