

Covid-19 Community Resources

We encourage everyone to stay informed during this fast-changing time. We realize it can be difficult to navigate fact vs fiction, so we encourage you to explore the links below and the helpful information from the City of Toronto and World Health Organization. Below are the most accurate and up-to-date resources to keep you, your family, and your friends safe.

City of Toronto COVID-19 Updates:

[Toronto Public Health: Ongoing COVID 19 updates](#)

[Ontario COVID-19 Latest News](#)

[Child Care for Health Care and Frontline Staff](#)

[Essential Service Job Opportunities](#)

[Support for Workers](#)

Ministry of Health's Self-Assessment:

<https://www.toronto.ca/home/covid-19/covid-19-health-advice/>

Quick Facts:

How to Protect Yourself:

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



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The best way to prevent infection is to avoid being exposed. Prevention measures include:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are ill
- Stay home when you are ill
- Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands
- If you don't have a tissue, sneeze or cough into your sleeve or arm
- Clean and disinfect frequently touched objects and surfaces

For general, day-to-day activities, there is no need to wear a surgical or N95 mask

What does Social Distancing Mean?

WHAT IS SOCIAL DISTANCING?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Limiting, postponing or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

Keep a distance of 6 feet from others when going for walks or shopping for groceries.

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 **TORONTO** Public Health

Toronto's **Medical Officer of Health** is recommending social distancing as a way to minimize COVID-19 transmission in the community. Social distancing measures include:

- Keeping 2 metres (6 feet) apart from others
- Avoiding mass gatherings
- Avoiding crowds

How COVID-19 Spreads

COVID-19 spreads through direct contact with the respiratory droplets of someone who is infected with the virus through their cough or sneeze. These droplets can spread up to 2 metres, or 6 feet. It may also be possible for a person to get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

Additional Resources:

[Government of Canada: Being Prepared](#)

[World Health Organization: COVID-19 Updates & Resources](#)