

LOWER YOUR RISK OF COVID-19

To help prevent the spread of COVID-19, York Region Public Health encourages residents to stay home, when possible, and reduce interactions with others.

TAKE THE FOLLOWING STEPS TO HELP PREVENT THE SPREAD OF COVID-19



Practice physical distancing – stay 2-metres (6-feet) away from others.



Wear a two-layer, cloth face mask or covering when inside public spaces in York Region. Wear a face mask or covering outdoors if you cannot maintain a physical distance of 2-metres.



Wash your hands well and often with soap and water, or with alcohol based hand sanitizer (don't forget to wash your wrists, under your fingernails and in between your fingers).



Cough or sneeze into your sleeve or cover your mouth and nose with a tissue and throw the tissue out immediately. Wash your hands afterwards.



Avoid touching your eyes, nose and mouth with unwashed hands.



Frequently clean and disinfect high-touch surfaces and shared items using regular household cleaners.



If you are sick, stay home and avoid crowds until you are well again. Avoid sharing personal items like eating utensils and water bottles.

**If you have symptoms of COVID-19 seek assessment
and testing at a COVID-19 Assessment Centre.**

For a list of symptoms and more information, visit york.ca/covid19

Information related to COVID-19 is available on york.ca in multiple languages.

PUBLIC HEALTH

1-800-361-5653

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York Region